SEAWORTHY: A gym just for sailors gets bods ready to rock the boat | **Inside**

express

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Tuesday

SANG TAN/AP

England is facing its worst flooding in 60 years.

Washed Out: Severe floods force evacuations in Britain | 5

Soda Study: Heart risk the same in diet, regular drinks | 3

Trade Winds: Will the Nats deal Cordero or Young at deadline? | 17

ENTERTAINMENT

Sparkling: *Daniel Johns* and the once grungey Silverchair are back with a clean new image. Plus, an inventive graphic novel.

>> 9-13

Poll: Bush Too Rigid on Iraq

Majority says Congress should have the final say in pullout

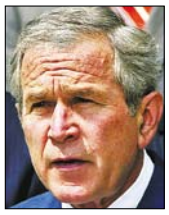
Most Americans see President Bush as intransigent on Iraq and prefer that the Democratic-controlled Congress make decisions about a possible withdrawal of U.S. forces, according to a new Washington Post-ABC News poll.

As the president and Congress move toward a possible constitutional confrontation over the war, both receive negative marks from the public in the survey for their handling of the situation in Iraq.

But by a large margin, Americans trust the Democrats rather than the president to find a solution to a conflict that remains enormously unpopular.

And more than six in 10 in the new poll said Congress should have the final say on when to bring the troops home.

The president has steadfastly asserted his power as commander in chief to make decisions about the war, but his posture is now viewed by majorities of Democrats, independents and even Republicans as too inflexible.

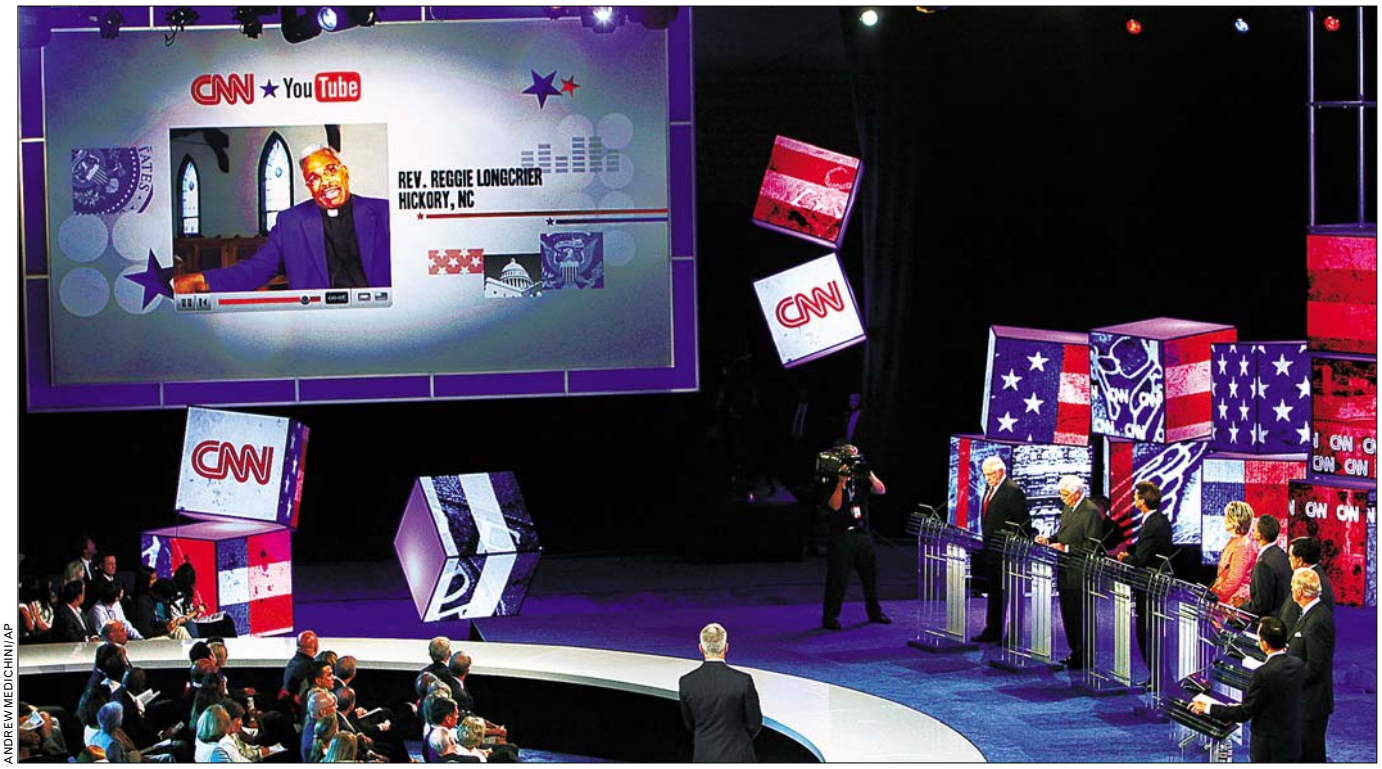


Bush

When asked whether Bush is willing enough to change policies in Iraq, nearly eight in 10 Americans said no.

Since December, the percentage who see Bush as too rigid is up 12 percentage points, with the most significant change coming among Republicans. JON COHEN AND DAN BALZ (THE WASHINGTON POST)

Online Questions Challenge Democratic Hopefuls



ANDREW MEDICHINI/AP

TUBE TIME: Democratic presidential candidates take questions during the CNN/YouTube Democratic debate Monday at the Citadel in Charleston, S.C. Internet-savvy voters posed questions—screened by CNN—via YouTube to the field. ✣ **Tough crowd:** Dems struggle to answer blunt questions | **Page 3**

poll center DID YOUTUBE'S INVOLVEMENT IMPROVE THE QUALITY OF THE DEMOCRATS' DEBATE MONDAY? Ⓐ YES Ⓑ NO

WWW.READEXPRESS.COM | VISIT OUR WEB SITE TO CAST YOUR VOTE. FOR MONDAY'S POLL RESULTS, SEE PAGE 32

TUESDAY	WEDNESDAY	THURSDAY
88 | 68	87 | 70	86 | 72

TODAY: A partly sunny afternoon followed by a pleasant evening | 30

eyeOpeners

KISSES

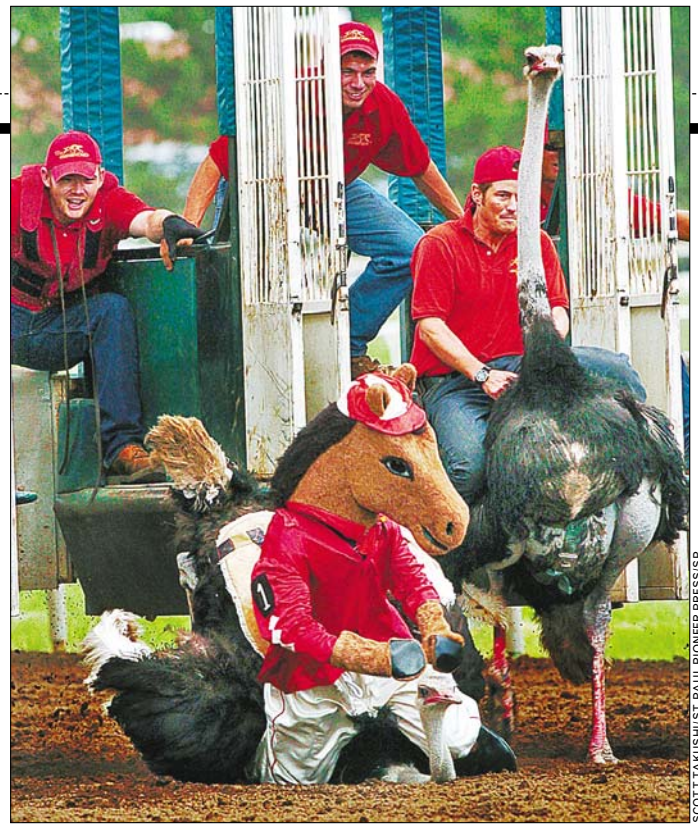
You'd Think Tongue Since It Was in France

A woman has been arrested on suspicion of kissing a painting by American artist Cy Twombly and smudging the bone-white canvas with her lipstick, French judicial officials said Saturday. Police said they arrested the woman after she kissed the work on Thursday. She is to be tried in a court in the southern city of Avignon on Aug. 16 for "damage to a work of art," judicial officials said. The painting, which is worth an estimated $2 million, was on display at the Museum of Contemporary Art in Avignon. It is part of an exhibition slated to run at the museum through Sept. 30. Officials did not provide further details on the now-disfigured painting. Twombly, from Lexington, Va., is known for his abstract works combining painting and drawing techniques, repetitive lines and the use of graffiti, letters and words. (AP)

DANCE COMPETITIONS

Canada, Israel Set For a Throwdown

Thousands of merrymakers prancing hand in hand shut down the streets of the northern Israeli city of Acre Sunday, hoping to dance their way into the record books. Organizers of the event said the super-shuffle was the largest and longest group performance of the "Debke," a traditional Arab dance. They hope the event will qualify as a Guinness World Record. The "Debke" is a six-step dance that is performed while holding hands in a line. It is often seen at weddings and other communal celebrations. A total of 2,743 people danced for seven minutes, holding hands in a human chain that stretched down the main street of Acre's historic Old City, organizers said. The dance smashed the previous record of 1,680 people set in Toronto, Canada, a few years ago, according to Manar Abu-Kias, an Israeli Arab ad executive who organized the event. (AP)



SCOTT TAKUSHI/ST. PAUL PIONEER PRESS/SP

RACING

Birdbaro Stumbles Out of the Gate

Jockey Tommy Bartrum, right, riding Seattle Flew, stays on his ostrich as others fall during the Extreme Race Day at Canterbury Park in Shakopee, Minn., on Sunday. Bartrum was the only rider to complete the 1/16-mile course on his bird. Camel racing was also featured during what certainly was a unique day at the racetrack that culminated in the "Battle of the Surfaces," in which horses competed on grass and dirt. (AP)

MARK BAKER/AP

"Run away, fools. But soon enough, my 269 friends and I will catch you."

CRIKEY

Quick! Jump Into the Eel-Infested Water

Chinese police tracking a suspicious vessel on a border river in southwest China got a shock when they found 270 crocodiles aboard early on Sunday morning, a state news agency reported Monday. Xinhua News Agency said the seizure was the largest this year in the Guangxi region, where 25 illegally captured crocodiles were discovered in the first six months. Xinhua said four people carried bags containing crocodiles off the boat but jumped into the river and swam away when they saw the police. Xinhua quoted the border police as saying the crocodiles eventually were destined for underground leather factories to be made into shoes and bags. (AP)

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SNACK GRIEVANCE: Frito-Lay Inc. says it will investigate a man's "unsubstantiated claim" that he found a deep-fried mouse in a bag of barbecue potato chips. Jack Hines, 66, said he was snacking on the chips Tuesday when he pulled out the crispy rodent.

Nation

Democrats Face Sharp Questions

Young voters grill candidates in debate through online videos

CHARLESTON, S.C. | Democratic presidential hopefuls struggled Monday night to answer questions posed by young, Internet-savvy voters who challenged the candidates' own place in a broken political system and posed questions about traditional political labels such as "liberal."

The debate, sponsored by CNN and Google-owned YouTube, featured questions submitted by the online video community.

The candidates faced a slew of blunt questions and, in some cases, delivered blunt answers.

To Sen. Barack Obama: Are you black enough? "You know, when I'm catching a cab in Manhattan ... I'm giving my credentials," he replied.

To Sen. Hillary Clinton: Are you feminine enough? "I couldn't run as anything other than a woman."

Her answer drew a challenge from former Sen. John Edwards, who said he was the best advocate for women on the debate stage. "I have the strongest, boldest ideas," he said. (AP)

Democracy goes online: For more from Monday's Democratic debate, visit **washingtonpost.com.**

Injured Iraq Veterans Sue Over Care

Soldiers accuse the VA of denying treatment and disability benefits

WASHINGTON | Frustrated by delays in health care, a coalition of injured Iraq war veterans is accusing the U.S. Department of Veterans Affairs of breaking the law by denying them disability pay and mental health treatment.

The class-action lawsuit, filed Monday in federal court in San Francisco, seeks broad changes in the agency as it struggles to meet growing demands from veterans returning home from Iraq and Afghanistan.

Suing on behalf of hundreds of thousands of veterans, it charges that the VA has failed servicemen and women on numerous fronts. It contends the VA failed to provide prompt disability benefits, failed to add staff to reduce wait times for medical care and failed to boost services for post-traumatic stress disorder.

PAUL SAKUMA/AP

Retired U.S. Marine Col. Jim Cook is part of a class-action lawsuit filed against the U.S. Department of Veterans Affairs demanding improvements in health care.

The lawsuit also accuses the VA of deliberately cheating some veterans by allegedly working with the Pentagon to misclassify PTSD claims as pre-existing personality disorders to avoid paying benefits. The VA and Pentagon have generally denied such charges.

"The VA has betrayed our veterans," said Paul Sullivan, executive director of Veterans for Common Sense, which filed the lawsuit.

The lawsuit comes amid intense political and public scrutiny of the VA and Pentagon following reports of shoddy outpatient care of injured soldiers at Walter Reed Army Medical Center and elsewhere.

The complaint seeks to represent between 320,000 and 800,000 veterans of the Iraq war who lawyers say are at risk of having PTSD. Ultimately, a federal judge will have to decide whether the lawsuit is properly deemed a class-action that adequately represents them.

HOPE YEN (AP)

Study Links Diet Soda to Heart Risk

Researchers find higher disease threat for all soda drinkers

BOSTON | People who drank more than one diet soda each day developed the same risks for heart disease as those who downed sugary regular soda, a large but inconclusive study found.

The results of the study surprised the researchers, who expected to see a difference between regular and diet soda drinkers. It could be, they suggest, that even no-calorie sweet drinks increase the craving for more sweets and that people who indulge in sodas probably have less healthy diets overall.

The study's senior author, Dr. Vasan Ramachandran, emphasized the findings don't show diet sodas are a cause of increased heart disease risks. But he said they show a surprising link that must be studied.

"It's intriguing, and it begs an explanation by people who are qualified to do studies to understand this better," said Vasan, of Boston University School of Medicine.

The research comes from a massive, multi-generational heart study following residents of Framingham, Mass. The study, involving 9,000 middle-aged men and women, was published Monday online in the journal Circulation. (AP)

THE CONNECTION

- The researchers found that people who drank more than one soda per day had an increased risk of metabolic syndrome.
- Metabolic syndrome is a cluster of symptoms that increase the risk for heart disease, including large waistlines and high blood pressure and cholesterol.

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Nation

5.85 | **The federal minimum hourly wage, in dollars,** beginning on Tuesday, an increase of 70 cents. Legislation signed by President Bush in May increases the wage each summer until 2009, when all minimum-wage jobs will pay no less than $7.25 per hour.

Gonzales Vows to Fix Justice Dept.

Attorney general says he will work to repair agency's broken image

WASHINGTON | Attorney General Alberto Gonzales says he is staying at the Justice Department to try to repair its broken image, telling Congress in a statement released Monday he is troubled that politics may have played a part in hiring career U.S. prosecutors.

The attorney general's comments were included in prepared testimony released on the eve of his scheduled appearance Tuesday before the Senate Judiciary Committee.

Gonzales

After months of critics calling for his resignation, Gonzales appears to have weathered the political furor that began with the prosecutors' purge last year and subsequently revealed a Justice Department hiring process that favored Republican loyalists.

"I believe very strongly that there is no place for political considerations in the hiring of our career employees or in the administration of justice," Gonzales said in the statement.

"From my perspective, there are two options available in light of these allegations. I would walk away or I could devote my time, effort and energy to fix the problems. Since I have never been one to quit, I decided that the best course of action was to remain here and fix the problems," he said.

Sen. Charles Schumer, D-N.Y., was unswayed.

"There are probably only two people on Earth who think the attorney general ought to stay: Alberto Gonzales and President Bush," Schumer said on Monday. "As long as he's in charge, the Justice Department, the rule of law and America will suffer." (AP)

Staff in Disarray: Some officials say the attorney firings scandal is a big distraction. | **Today's Post, A section**

In Brief

ALBANY, N.Y.

Spitzer's Office Under Fire For Leaking Information

New York's attorney general issued a report Monday recommending disciplinary action be considered against Gov. Eliot Spitzer's office for releasing information about a legislator's use of state aircraft. Spitzer said he had suspended one of his closest aides and reassigned another but stressed that neither he nor anyone higher up in his administration had ordered the two to collect information on Senate Majority Leader Joseph Bruno. (AP)

Spitzer

ST. LOUIS

U.S. Traffic Fatalities Hit Lowest Level in 5 Years

Traffic deaths in the U.S. fell to their lowest total in five years in 2006, a federal agency said on Monday. Highway crashes killed 42,642 people last year, down from 43,510 in 2005, the National Highway Traffic Safety Administration announced. (AP)

NOT MOVED: About one in three people living in Southern coastal areas in the U.S. say they would ignore hurricane evacuation orders, a poll by Harvard University found.

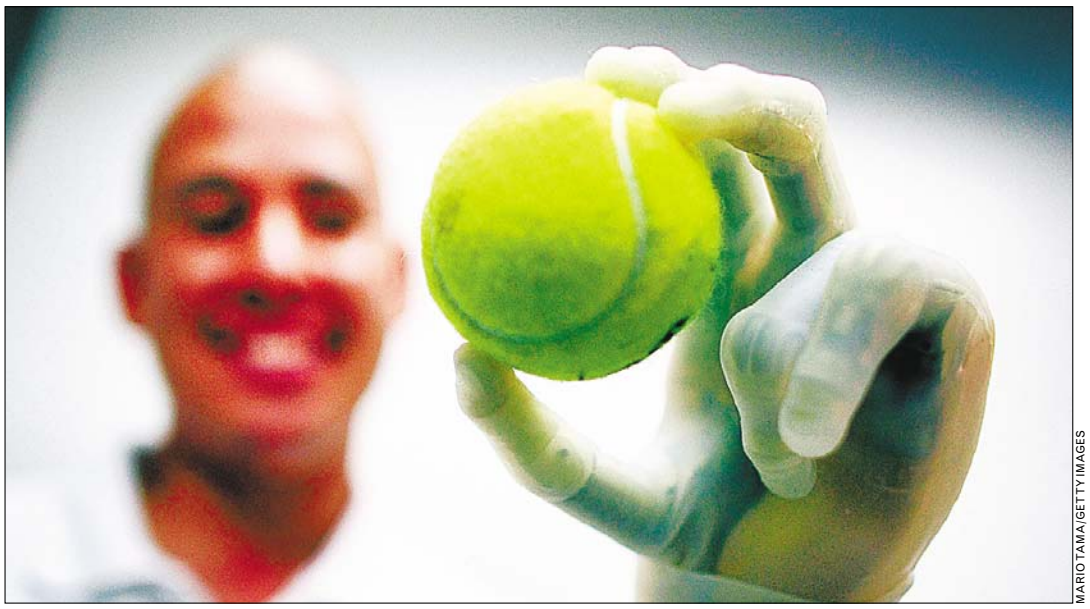
FEMA Will Keep Selling, Donating Surplus Trailers

JACKSON, MISS. | The Federal Emergency Management Agency will keep selling and donating surplus disaster-relief trailers despite concerns that they may contain unhealthy levels of formaldehyde, the agency said.

"Potential buyers/recipients will be fully advised of the concerns regarding formaldehyde levels in travel trailers," FEMA spokesman Aaron Walker said in an e-mail.

FEMA drew the ire of Congress last week after documents revealed the agency's lawyers discouraged investigating reports of high formaldehyde levels in the trailers, which can cause health problems with prolonged exposure. (AP)

NEW YORK CITY | BIONIC MILESTONE


MARIO TAMA/GETTY IMAGES

GOOD GRIP: Retired U.S. Army Sgt. Juan Arredondo, a veteran of the war in Iraq, wears the world's first bionic hand with independently moving fingers. Arredondo lost his hand in an explosion in Iraq and is now able to use the i-Limb, which has finger "joints" that act like natural fingers. Each finger has an individual motor that powers it.

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50 | **The number of female lawmakers** who are expected to enter the Turkish parliament after Sunday's elections, bringing the share of females in the legislative assembly to an all-time high of almost 10 percent, the Milliyet newspaper said.

Severe Floods Soak Central England

Thousands without power, water as U.K. reels from heavy rains

TEWKESBURY, ENGLAND | Emergency workers rescued hundreds of trapped people Monday as water swallowed swaths of central England in the worst flooding to hit the country in 60 years. Officials said some rivers were still rising, with the western section of the rain-swollen River Thames on the verge of bursting its banks.

Roads and parking lots were submerged, trains were suspended, and buses were canceled. Hundreds of thousands of people were without electricity or drinking water, and farmers saw their summer crops destroyed.

Torrential rains have plagued Britain over the past month — nearly 5 inches fell in some areas on Friday alone — and more downpours were predicted this week.

"This emergency is far from over, and further flooding is extremely likely," Environment Secretary Hilary Benn told lawmakers in the House of Commons.

In the worst-hit towns, cars were submerged and streets turned into canals. Thousands of people were forced to leave their homes and businesses. The Ministry of Defense said military helicopters rescued more than 120 people from the rising floodwaters.

Among the hardest-hit areas was the medieval market town of Tewkesbury, 110 miles northwest of London.

"It was just devastation — total chaos, cars floating past, rubbish, all kinds," said John King, a 68-year-old retired firefighter from Tewkesbury. "You just can't stop water of that power."

KIRSTY WIGGLESWORTH (AP)

KIRSTY WIGGLESWORTH/AP

IN DEEP: Cars sit submerged in floodwaters near Tewkesbury, England, Monday in the worst flooding to hit the area in decades.

New Talks Afoot To Send Jailed Medics to Europe

PARIS | France's first lady was in Libya on Monday for a second day of secretive talks to try to secure the repatriation of five Bulgarian nurses and a Palestinian doctor imprisoned for allegedly infecting Libyan children with the AIDS virus.

Cecilia Sarkozy, the wife of French President Nicolas Sarkozy, arrived in Tripoli on Sunday at the head of a delegation including the European Union commissioner for foreign affairs, Benita Ferrero-Waldner.

Libyan officials said Sarkozy met Libyan leader Moammar Gadhafi on Sunday about the six medics serving life sentences after they were convicted of intentionally infecting more than 400 Libyan children with the AIDS virus in a hospital where they worked.

The medics, who have been in jail since 1999, have denied the charges against them and say their confessions were extracted under torture. (AP)

Blair Begins First Trip As Key Mideast Envoy

JERUSALEM | Former British Prime Minister Tony Blair opened his mission Monday to help Palestinians build solid foundations for their future state, offering ideas to Israeli leaders designed to stabilize the shaky government of Palestinian President Mahmoud Abbas.

Israeli Foreign Minister Tsipi Livni said the Blair mission on behalf of the "Quartet" of Mideast mediators comes at a "critical time when it is possible to create a change of direction" after years of stalemate in peacemaking.

Blair's limited mandate from the four powers — the U.S., the European Union, the United Nations and Russia — was to help the Palestinians develop their economy, build governing institutions and lay the groundwork for statehood.

But he was instructed to leave aside the underlying issues of the 60-year-old Mideast conflict, such as borders, Palestinian refugees and the governance of Jerusalem, raising questions about how effective he can be.

Blair travels to the West Bank on Tuesday to meet with Abbas and his prime minister, Salam Fayyad, before winding up his maiden foray with a dinner at the home of Israeli Prime Minister Ehud Olmert. (AP)

KEVIN FRAYER/AP

Tony Blair's new efforts are on behalf of the "Quartet" of Mideast mediators.

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KAPLAN TEST PREP AND ADMISSIONS

World

LIGHTS OUT: A faulty cable triggered a major power outage Monday in Barcelona, snarling traffic, hobbling public transit and knocking out electricity to homes and businesses in much of Spain's second-largest city. About 300,000 customers lost power.

In Iraq, Soccer Scores One for Unity

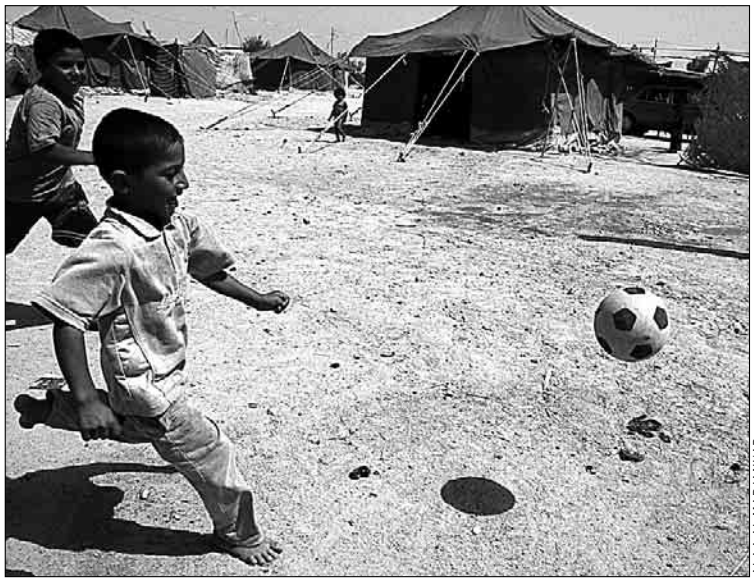
Love of sport brings fans together across the sectarian divide

BAGHDAD | One Sunni man drove 30 minutes through the dangerous streets of Baghdad to watch the soccer game with his Shiite friends whom he hadn't seen in months.

A 40-year-old Shiite couldn't contain his tears when he joined three Sunni friends who used to play on a local soccer team with him in a local coffee shop to watch Iraq face off against Vietnam in the Asian Cup quarterfinals on Saturday.

They weren't disappointed as Iraq won 2-0 to advance to the semifinals for the first time since 1976, causing hundreds of people from across the sectarian divide to overcome fears of violence and take to the streets in celebration.

Men of all ages waved Iraqi flags and did a jig in the streets, while others jumped on top of cars and rode around, horns honking.



ALAA AL-MARJANI/AP

FIELDING DREAMS: Boys play soccer at a refugee camp in the Iraqi Shiite holy city of Najaf. Iraqis put tensions aside to watch Iraq play in the Asian Cup soccer matches.

Iraqis said Sunday the jubilation over the victory — albeit brief — showed they can come together despite the past years of spiraling violence between Sunnis and Shiites that has made Baghdad a maze of barriers and largely confined people to their own neighborhoods.

Many expressed regret that Iraqi political factions couldn't emulate the soccer team, as the Shiite-dominated government's failure to bring minority Sunnis into the mainstream has been blamed for fueling the insurgency.

"The Iraqi soccer team made us happy despite all of our deep sorrow," said Sami Talib, a 54-year-old retired teacher. "The win unified Iraqis and uncovered their real core. ... I hope our politicians do the same and put aside their political disputes to win also and achieve the security and stability in our beloved country." KIM GAMEL (AP)

ELSEWHERE IN IRAQ

➜ **At least 16 people** died when four car bombs rocked the center of Baghdad Monday. Three of the blasts took place in a 30-minute span.

➜ **Police**, morgue and hospital officials reported a total of at least 59 people killed or found dead nationwide, and the U.S. military announced the deaths of three soldiers and a Marine Monday. (AP)

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4 U.S. Troops Killed in Violence In Afghanistan

KABUL, AFGHANISTAN | A roadside bomb blast in eastern Afghanistan killed four American soldiers on Monday, while two NATO soldiers died elsewhere and a battle in the country's poppy-growing heartland killed more than 50 suspected militants.

A purported Taliban spokesman, meanwhile, said the militia has extended its deadline for the lives of 23 South Korean hostages until Tuesday evening. The militants have pushed back their ultimatum on the Koreans' fate at least three times.

The bomb blast came against U.S. soldiers on patrol in the eastern province of Paktika, Gov. Mohammad Ekram Akhpelwak said.

Norway said one of its soldiers was killed in Logar province, and NATO said another soldier was killed in the south, though his nationality was not released. (AP)

In Brief

MOGADISHU, SOMALIA

U.N.: 10,000 Somalis Have Fled Latest Wave of Fighting

About 10,000 people fled the Somali capital in the last week alone, and the exodus sparked by fighting continues, the United Nations said Monday. The United Nations High Commissioner for Refugees said even those who had returned to Mogadishu recently are heading out again, fearing for their safety. Fighting in March and April forced about a fifth of Mogadishu's 2 million residents to flee for safety, the UNHCR said. (AP)

SAO PAULO, BRAZIL

Air Controllers Urge Outside Help to Fix Aviation System

Marc Baumgartner, the head of an international air controllers' group, said Monday Brazil should seek foreign help to fix an aviation system buffeted by two disastrous crashes, a major radar outage and nearly a year of delayed and canceled flights. Officials immediately rejected the idea, and President Luiz Inacio Lula da Silva urged Brazilians to avoid leaping to conclusions about what caused the July 17 crash. The death toll rose to 199 on Monday. (AP)

THIR KHAN/AFP/GETTY IMAGES

Pakistanis remove debris from a damaged police checkpoint in Miran Shah.

MIRAN SHAH, PAKISTAN

20 Militants, 2 Soldiers Die In Clashes on Volatile Border

Clashes between suspected militants and security forces Monday near Pakistan's northwestern border with Afghanistan left at least 20 insurgents and two soldiers dead, an army spokesman said. Maj. Gen. Waheed Arshad said 20 to 25 rebel fighters were killed after they attacked two checkpoints manned by security forces near Mir Ali in North Waziristan. (AP)

THEY STILL HAVE A DREAM: Garth Brooks, Queen Latifah and Kenny "Babyface" Edmonds are among the headliners announced Monday who will join a concert to raise money for a memorial to Martin Luther King Jr. to be built on the National Mall.

Local

MS-13 Gang Member Gets 37 Years in Prison

GREENBELT, MD. | An MS-13 gang member from Baltimore has been sentenced to 37 years in federal prison.

Oscar Ramos Velazquez, 22, and a co-defendant were convicted last year of several violent crimes, including conspiracy to commit murder in aid of racketeering.

According to testimony, Velazquez was part of a gang based in Prince George's and Montgomery counties that was responsible for seven murders.

Prosecutors also say he committed assaults with a deadly weapon to maintain and enhance his position in the gang.

His co-defendant, 29-year-old Edgart Alberto Ayala of Suitland, was sentenced last month to 35 years in prison.

So far, the Maryland U.S. Attorney's Office has convicted 14 people as part of a wide-ranging racketeering conspiracy case against MS-13 members. (AP)

The Lotteries

Monday, July 23

DISTRICT	
Mid-day Lucky Numbers	5-7-9
Evening Lucky Numbers	4-9-3
Mid-day DC 4	7-1-6-3
Evening DC 4	6-9-5-7
Rolling Cash Five	8-1-7-15-17
Daily 6	15-20-31-19-18-36 Bonus: 34

MARYLAND	
Mid-day Pick 3	4-3-1
Evening Pick 3	0-1-4
Mid-day Pick 4	9-3-4-4
Evening Pick 4	8-9-7-9
Match 5	22-24-30-37-39 Bonus: 29

VIRGINIA	
Mid-day Pick 3	5-0-0
Evening Pick 3 (Sun.)	9-8-1
Mid-day Pick 4	4-1-3-7
Evening Pick 4 (Sun.)	5-6-4-2
Mid-day Cash 5	1-5-6-19-33
Evening Cash 5 (Sun.)	3-4-15-22-32

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Annapolis Eyes Ban on Plastic Bags

Under plan, retailers would be fined $100 a bag on first offense

ANNAPOLIS, MD. | An Annapolis official proposing the toughest-in-the-nation ban on plastic shopping bags said Monday he has the votes to pass the legislation.

"We're going to be the first to enact a full ban," said Democratic Alderman Samuel Shropshire, who sponsored the proposal. "I fully expect to have the votes to have this legislation."

Many cities, including Baltimore, are considering similar legislation after San Francisco and Oakland, Calif., banned traditional plastic shopping bags.

The Annapolis proposal is different because it would ban all plastic bags, even ones that can be composted, fining retailers $100 per bag on a first offense for using plastic.

If the Annapolis City Council approves the bill — a vote is not expected before October — this city of about 36,000 would be the first on the East Coast to enact a ban.

An industry group says plastic bags are getting a bad rap. Donna Dempsey, spokeswoman for the Houston-based Progressive Bag Alliance, which represents three bag makers, argues that paper bags are worse for the environment than plastic bags because paper bags take up more room, meaning more fuel for shipping.

Dempsey said Monday she planned to tell the nine-member city council that plastic-bag makers would rather work on encouraging recycling or repeat uses.

One grocer said he doubted the plastic-versus-paper debate would be settled with Shropshire's ban.

John Evans, owner of Graul's Market in Annapolis, said he's not taking a position on the ordinance.

"I remember years ago when plastic bags began to come into their own. The argument was, we're saving all the trees from being cut down. This has raged back and forth forever," Evans said. (AP)

FAIRFAX, VA. | MICKELSON EXPLAINS HIS GAME

ED BERGER/AP

LEARNING WITH LEFTY: PGA Tour golfer Phil Mickelson, left, and his wife, center, watch Education Secretary Margaret Spellings putt Monday during a town hall meeting and demonstration. The event, sponsored by the Mickelson ExxonMobil Teachers Academy, aims to explain the math and science in golf.

Soldier Is Killed After Firing at Policeman

BALTIMORE | An Army soldier was shot and killed by a city police officer after he opened fire on the officer early Sunday morning, police said.

Cpl. Alexander E. Larkin, 25, who was stationed at Fort Meade, had been club-hopping in a popular nightlife district before the gunfight with Officer Jared Stern in a parking garage shortly before 2 a.m., said Officer Nicole Monroe, a police spokeswoman.

Stern was working department-sanctioned overtime in uniform as a security guard in the parking garage. He came upon an altercation including Larkin, Monroe said.

Stern tried to break up the fight. That's when Larkin pulled a .50-caliber semiautomatic Desert Eagle handgun and opened fire, Monroe said. Stern was not hit.

He returned fire and struck Larkin several times. Larkin was pronounced dead at the scene. (AP)

Va. Contractor Settles Fraud Case

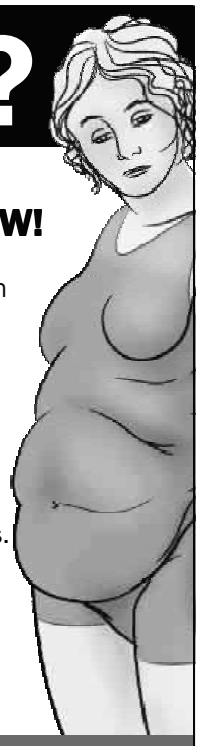
WASHINGTON | A contractor that helped the District of Columbia submit claims to Medicaid has agreed to pay $42.65 million to settle a Medicaid fraud case, the Justice Department announced Monday.

The agreement calls for the Justice Department to defer prosecution against Reston, Va.-based Maximus Inc. on criminal charges related to the case.

Maximus also agreed to have the federal government review its contracts and share the findings with its clients.

Maximus, which contracted with the D.C. Child and Family Services Agency to manage foster care cases, admitted responsibility for causing the city to submit Medicaid claims for children who may not have received foster care services. (AP)

Belly Fat?



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Money

XM, Sirius in Merger Push

Satellite radio groups reveal new pricing plans, channel choices

WASHINGTON | The top executives at the nation's two satellite radio companies detailed pricing plans Monday that they said would let customers choose which channels they want to receive if the two firms are permitted to merge.

XM Satellite Radio and Sirius Satellite Radio announced the $4.7 billion merger last February. The combination requires approval from antitrust regulators and the Federal Communications Commission.

The pricing plans announced Monday range from $6.99 per month for 50 channels offered by one service to $16.99 per month for a plan in which customers would keep their existing service plus "choose from the best" of channels offered by the other service.

Karmazin

That means a customer could subscribe to both the Major League Baseball channel on XM and the National Football League channel offered by Sirius, on the same radio.

Currently, the price of a monthly subscription for both companies is $12.95 and there is no channel choice or "a la carte" option.

A combination of Sirius and XM faces steep regulatory challenges. When the companies received their licenses from the FCC to begin offering subscription radio service via satellite, they agreed not to merge.

Sirius CEO Mel Karmazin, in a speech Monday, said the U.S. is in a "revolutionary age of audio entertainment" and that the companies must compete with a whole range of products that weren't around when the licenses were first issued.

The companies must prove to the Justice Department that the deal is not anticompetitive. They must also prove that a merger would be in the best interest of the public.

The National Association of Broadcasters opposes the merger, calling it a "government-sanctioned monopoly." JOHN DUNBAR (AP)

In Brief

WASHINGTON

Castleberry's Closes Plant As Botulism Probe Expands

Castleberry's Food Company has closed its production facility in Augusta, Ga., after 16 cans of chili sauce tested positive over the weekend for the bacteria that causes botulism, company officials said Monday. In addition, the company has hired an outside firm to visit more than 8,500 retailers in an effort to quickly get recalled products off store shelves. So far, four cases of botulism have been reported — two from Indiana and two from Texas. All four people consumed Hot Dog Chili Sauce Original, a product made by Castleberry's. (AP)

AMSTERDAM, NETHERLANDS

Barclays to Increase Its Bid for ABN Amro to $93.1B

Barclays will raise its offer for ABN Amro to $93.1 billion, with help from two Asian financial partners, in the face of a rival bid led by the Royal Bank of Scotland, the British bank said Monday. Barclays' new offer, about two-thirds in shares and the rest in cash, comes to $49.32 per ABN Amro share. The bid still falls below the RBS-led consortium offer of $53.01 per share that values ABN at $97.8 billion. Either takeover would be the largest in the history of the financial industry. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Navteq	57.33	+8.95	+18.5
StdRegis	14.00	+1.98	+16.5
Stonerdg	13.76	+1.43	+11.6
ExcelM	40.62	+3.20	+8.6
FullerHB s	30.62	+2.28	+8.0

Losers

Milacron rs	6.10	-.87	-12.5
ACA Cap n	5.68	-.72	-11.3
NovaStar	4.61	-.53	-10.3
Fremont If	9.35	-.98	-9.5
WCICmts	12.93	-1.35	-9.5

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Gigabeam	4.85	+2.05	+73.2
Opsware	14.00	+3.72	+36.2
CumMed	11.12	+2.75	+32.9
ChemGnx h	12.33	+1.83	+17.4
Iomai	1.83	-.07	-3.7

Losers

Nucryst	4.10	-1.74	-29.8
ClickSft	5.01	-1.20	-19.3
ThomasGp	10.53	-2.36	-18.3
LifePtH	32.25	-6.86	-17.5
Trnscnd	19.73	-3.90	-16.5

DOW	NASDAQ	S&P 500
+92.34	+2.98	+7.47
+0.67	+0.11	+0.49
13943.42	2690.58	1541.57

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	56.80	+.62	-16.8
Amylin	43.08	-.49	+19.4
BiogenIdc	54.75	-.19	+11.3
Celgene	57.43	-1.01	-.2
ChRvLab	51.79	-.61	+19.7
Genentch	74.91	-.24	-7.7
Genzyme	60.31	-.54	-2.1
GileadSci s	38.00	-.75	+17.0
Imclone	36.40	+.44	+36.0
Invitrogn	75.75	+.77	+33.9
MillPhar	10.44	-.09	-4.2
PDL Bio	25.69	-.24	+27.6
QIAGEN	17.52	+.05	+15.8
Techne	58.47	-.01	+5.4
VertxPh	29.24	-.08	-21.9

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.31
3-month disc	4.885	4.84
2-year	4.78	4.86
10-year	4.96	5.04
30-year	5.06	5.12

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4859	.4866	.5380
Canadian Dollar	1.0465	1.0479	1.1378
European Euro	.7245	.7235	.7881
Japanese Yen	121.33	121.24	116.18
Mexican Peso	10.7519	10.7888	10.9335
Taiwanese Dollar	32.90	32.89	32.69

UNLIKELY PAIRING: Tony Sirico, who played Paulie Walnuts on "The Sopranos," will co-star with Morgan Fairchild in a forthcoming indie film titled "Sno Cone Stand Inc." about a stockbroker trying to get rich quick selling snow cones.

Entertainment

DISNEY ENTERPRISES

HOW MANY PIRATES DOES IT TAKE ... For people to get sick of them? Johnny Depp has expressed interest in a fourth film.

Sequel Overkill

Hollywood exploits franchises, and the public keeps biting

REPEATS | As this summer's slate of sequels marches on, Hollywood is planning even more installments of their biggest franchises.

With an indefinite number of future "Spider-Man" movies on tap and an 11th "Star Trek" coming next year, how many sequels is enough?

"The marketplace decides," says Tom Ortenberg, president of theatrical films at Lionsgate, which will release "Saw IV" in October and bring back Sylvester Stallone next year in "John Rambo."

"In such a crowded marketplace, being able to break through the clutter is half the battle," he says. "Sequels, already branded, make it that much easier to break through that clutter with a title that is already familiar to consumers."

By the end of August, 14 sequels will have passed through movie theaters, many of them exiting with bags of money in tow. "Spider-Man 3" has grossed more than $335 million, "Shrek the Third" $318 million and "Pirates of the Caribbean: At World's End" $304 million.

Since the days of Aristotle, the number 3 has been considered the most perfect figure in dramatic arts. But studios still find it hard to decline potential fortunes for the sake of a trilogy's neat narrative structure.

A fourth "Shrek" film is scheduled for 2010. Jeffrey Katzenberg, chief executive of DreamWorks Animation SKG Inc., recently said a fifth will follow.

There are no current plans for another "Pirates" film, but Johnny Depp has indicated he's open to it. Sony Pictures and Marvel Studios have said with certainty that "Spider-Man" will be back, but writer-director Sam Raimi has voiced reluctance to continue.

Instead, Raimi has been linked to "The Hobbit," a film based on J.R.R. Tolkien's prelude to the "Lord of the Rings" series. Peter Jackson, who directed the well-planned "Lord of the Rings" trilogy, is suing New Line Cinema over profits from "Rings," complicating plans for "The Hobbit."

It wasn't always like this.

"'Sequel' was a dirty word," says Paul Dergarabedian, president of the box-office tracker Media by Numbers. "They were seen as an exploitive way to capitalize on a brand name recognition of a popular movie by making the same movie and putting a '2' behind it."

But now, "the studios have learned how to win at this business," says Peter Bart, editor-in-chief of the daily Variety. "They've picked the right subjects and understood how to exploit them internationally." JAKE COYLE (AP)

Emergence From Down Under

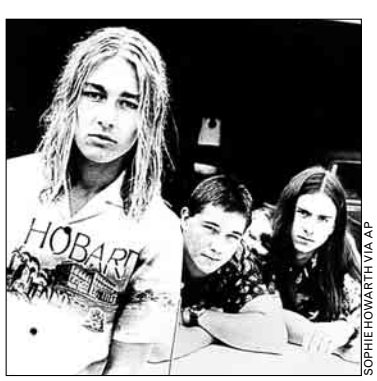
Silverchair, kings of '90s grunge, reveal a polished new sound

MUSIC | Oh my, how the boys from Silverchair have grown.

Wily veterans now in their late 20s — the Australian trio were all of 15 when they recorded their 1995 debut, "Frogstomp" — Silverchair has again taken a huge leap in artistry and sophistication with its fifth longplayer, "Young Modern."

Those who haven't heard much from the band over the years — its breakout hit "Tomorrow" was the most-played song on American modern rock radio in 1995 — should prepare for a real eye-opener.

Lead singer, guitarist and songwriter Daniel Johns' eloquent and passionate vocals are a far cry from his pubescent nasal wailing and complement complex arrangements and crack rhythm from bassist Chris Joannou and drummer Ben Gillies.



SOPHIE HOWARTH VIA AP

Remember these mid-'90s angst-ridden teens? They're all grown-up.

Only the pulsating title track serves as a bona fide hard rock song, with a majority of the disc relying on acoustic guitars, piano and lush orchestration courtesy of Beach Boys and U2 collaborator Van Dyke Parks.

It might be time for an American audience to rediscover Silverchair. JOHN KOSIK (AP)

➜ *9:30 Club, 815 V St. NW; 7:30 p.m., $20; 202-265-0930. (U St.-Cardozo)*

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

KILL ROCK STARS

MARNIE STERN

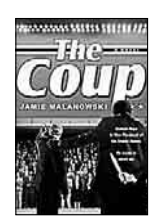
Keeping It Light

1 Marnie Stern manages walk to the fine line between serious rocker chick and total sweetheart. Her hardcore shredding paired with upbeat, optimistic lyrics makes her a critical favorite and unbeatable in concert. For a great deal of energy and solid music, check her out at the Rock and Roll Hotel tonight.

➜ *The Rock and Roll Hotel, 1353 H St. NE; 8 p.m., $8-$10; 202-388-7625. (Union Station)*

JAMIE MALANOWSKI

Well-Rounded



2 Author Jamie Malanowski is the managing editor of Playboy, but he's also a novelist. His latest book, "The Coup," is an entertaining (if scary) Washington satire about double-dealing politicians. Join him tonight for discussion.

➜ *Borders Books & Music, 600 14th St. NW; 6:30 p.m., free; 202-737-1385. (U St.-Cardozo)*

MATT BESSER

Dumpy Citizen

3 The founding member of the Upright Citizens Brigade samples bits, characters, stories and video from his career in his show "Matt Besser's Magical Sack of Dump."

➜ *Arlington Cinema 'N' Drafthouse, 2903 Columbia Pike, Arlington; 8 p.m., $17; 703-486-2345.*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Entertainment

ONE MAN AND TWO LADIES: Steve Guttenberg will star opposite Jessica Simpson in the forthcoming film "Major Movie Star." And because one hottie's never enough, we should mention that Vivica A. Fox has a part, too.

Words of Inspiration

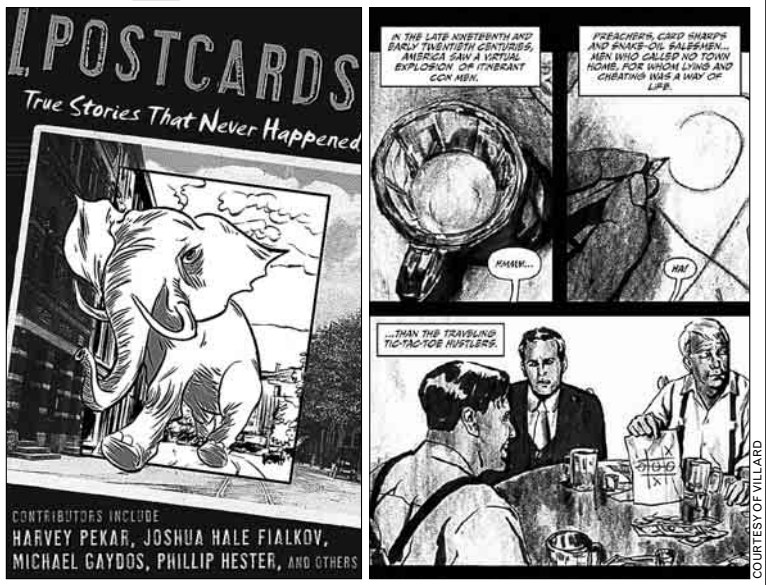
Jason Rodriguez uses simple messages to create a big picture

CORRESPONDENCE | Postcards, in 2007, are anachronistic. The once popular form of communication is now replaced by e-mail and text messaging, with the postcard pretty much reserved for doctor's reminders (you're due for a check-up) or the occasional "Wish you were here" message from distant travelers.

Jason Rodriguez has found a way to resurrect the postcard — not as a form of communication, but rather as a device for storytelling. The Arlington, Va., resident is the editor of a new graphic novel anthology, "Postcards: True Stories That Never Happened."

Rodriguez, who made his name in comics as the editor of "Elk's Run" and "Western Tales of Terror" anthology, built the book on a simple concept — he gives the creators a used postcard and they make up a story based on what was written on the back. The book features a wide array of creative talent, from Harvey Pekar to some of the more prominent names in comics, like Phillip Hester, Stuart Moore, Michael Gaydos, Matt Kindt and Ande Parks.

The idea for the anthology arose from a vacation to Hershey, Pa. Rodriguez was at an antique shop and his fiancé pointed him in the direction of a shoebox filled with postcards.



COURTESY OF VILLARD

SNAIL MAIL: Comics used the text on old postcards as brain food in this collection.

"I walk over to them and pull one out, and it was a card from an army private named Earl to his mom right before he gets shipped out to World War II," Rodriguez said. "I read it and realized this postcard was on sale for 50 cents because it's a damaged postcard, it's written on, it's crumpled up. I just figured it needed something bigger."

From there, Rodriguez has mined through more than 10,000 postcards, weeding out the ones that fit his rather simple criteria. He avoids boring travel postcards of the "Wish you were here" variety and postcards from after 1923 (to avoid legal troubles) and then begins reading the first lines of these abandoned messages.

"Usually," he said, "the first sentence jumps out and grabs you."

SCOTT ROSENBERG (EXPRESS)

➜ *Olsson's, 1307 19th St. NW; 7 p.m., free; 202-785-1133. (Dupont Circle)*

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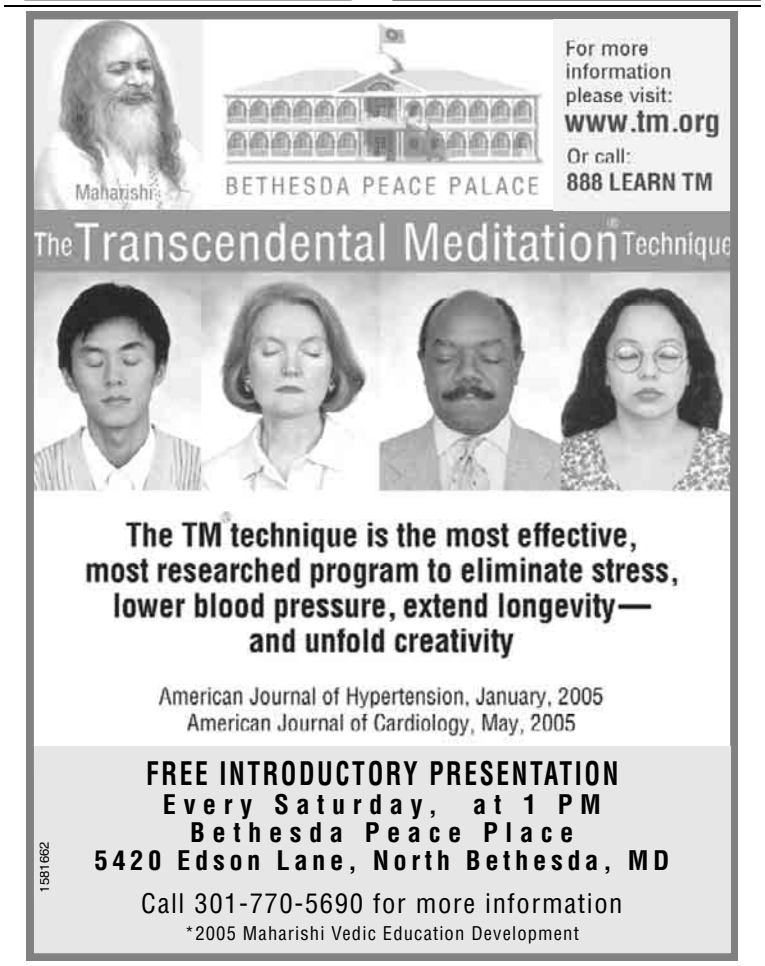

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TRANSFORMERS (PG-13) DIG (1145 1245 200 300 415 515) 645 730 945 1045
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HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1145 1210 1240 140 320 350 420 450) 630 700 730 800 1010 1030
LICENSE TO WED (PG-13) DIG 940 PM
TRANSFORMERS (PG-13) DIG (1130 240) 715 1020
RATATOUILLE (G) DIG (110 350) 645 920
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I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG ★ (1140 200 230 450 520) 740 810 1030
HAIRSPRAY (PG) DIG (1050 120 150 420 440) 720 750 1020
OC & DA: HARRY POTTER:PHOENIX (PG-13) DIG (300) 945
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1130 1200 1230 100 330 400 430) 630 700 730 800 1015
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG (110 425) 745
TRANSFORMERS (PG-13) DIG (1240 355) 715 1035
LICENSE TO WED (PG-13) DIG (1115 145 415) 640 910
RATATOUILLE (G) DIG (1040 135 420) 710 955
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1408 (PG-13) DIG (1255 340) 620 900
OCEAN'S 13 (PG-13) DIG 1040 PM
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RATATOUILLE (G) DIG (1215 115 310 410) 615 715 900 1000
LIVE FREE OR DIE HARD (PG-13) DIG (1150 320) 650 945
1408 (PG-13) DIG (245 515) 750 1035
EVAN ALMIGHTY (PG) DIG (1115 210 500)
KNOCKED UP (R) - ID REQ'D DIG 725 1025
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LIVE FREE OR DIE HARD (PG-13) (115 410) 735 1040

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4110 W Ox Road 800-FANDANGO 670#
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1130 1210 1240 110 140 230 320 350 420 450 530) 630 700 730 800 830 940 1010 1040
RATATOUILLE-DIGITAL PROJECTION (G) DIG (1250 400) 650 930
RATATOUILLE (G) (1150 230 510)
EVENING (PG-13) (1230 330) 710 1020
EVAN ALMIGHTY (PG) DIG (1140 210 430) 720 950
THE LIVES OF OTHERS (R) - ID REQ'D (1200 410) 735 1035
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I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG ★ (1230 145 400 445) 700 745 1000 1045
HAIRSPRAY (PG) DIG (115 200 415 500) 715 800 1015 1050
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1210 1240 110 140 215 350 420 450) 700 730 800 830 1010 1040
OC & DA: HARRY POTTER:PHOENIX (PG-13) DIG (530) PM
TRANSFORMERS (PG-13) DIG (100 200 320 410 510) 630 715 815 945 1030
LICENSE TO WED (PG-13) DIG (1200 220 445) 730 1015
RATATOUILLE (G) DIG (1245 345) 645 945
LIVE FREE OR DIE HARD (PG-13) DIG (115 430) 745 1045

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#
Adv. Tix on Sale THE SIMPSONS MOVIE (PG-13) ★
HAIRSPRAY (PG) DIG (1045 1245 145 345 445) 700 745 1000 1045
I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG ★ (1045 1130 145 230 430 515) 715 800 1000 1045
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1030 1200 1230 100 130 315 415 445) 630 700 730 800 945 1040
LICENSE TO WED (PG-13) DIG (1100 200 500) 745 1010
TRANSFORMERS (PG-13) DIG (1200 100 330 430) 715 815 1030
EVENING (PG-13) DIG (400) 930
RATATOUILLE (G) DIG (1030 115 415) 730 1020
LIVE FREE OR DIE HARD (PG-13) DIG (1215 330) 645 945
EVAN ALMIGHTY (PG) DIG (1100 130) 645
OC & DA: HARRY POTTER:PHOENIX (PG-13) DIG (345) 1015

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale THE SIMPSONS MOVIE (PG-13) ★
HAIRSPRAY (PG) DIG (1230 100 320 400) 640 720 940 1010
I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG ★ (1210 1250 310 345) 655 740 945 1025
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1130 1200 120 240 330 355 430) 630 700 730 800 935 1005 1030
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG (1235 350) 710 1020
LICENSE TO WED (PG-13) DIG (1145 210 440) 750 1015
TRANSFORMERS (PG-13) DIG (1140 250) 620 645 930 1000
RATATOUILLE (G) DIG (1220 110 300 410) 715 950
LIVE FREE OR DIE HARD (PG-13) DIG (1240 335) 640 955
EVAN ALMIGHTY (PG) DIG (115) PM

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PRESENTED IN DIGITAL PROJECTION
RATATOUILLE (G) 1:10, 4:00, 7:30, 10:30
HAIRSPRAY (PG) ✓ 12:20, 2:00, 3:20, 4:40, 6:00, 7:40, 9:00, 10:20
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) ✓ 1:20, 2:40, 4:10, 5:40, 7:00, 8:40, 9:50
CAPTIVITY (R) 12:30, 3:05, 5:35, 7:50, 10:05
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:00, 12:40, 1:40, 2:20, 3:00, 3:40, 4:20, 5:00, 5:50, 7:20, 8:00, 8:50, 9:20, 10:30
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) [DVS] [CC] 1:40, 5:00, 8:50
LICENSE TO WED (PG13) 1:30, 4:05, 7:05, 9:55
TRANSFORMERS (PG13) 1:00, 1:50, 2:50, 4:30, 5:20, 6:20, 8:20, 9:10, 10:10
RATATOUILLE (G) 3:10, 6:10, 9:30
LIVE FREE OR DIE HARD (PG13) 2:30, 5:30, 8:30, 9:40
1408 (PG13) 12:50, 3:15, 5:45, 8:25
EVAN ALMIGHTY (PG) 12:10, 2:35, 5:15, 7:45, 10:15
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 1:15, 3:30, 5:55
OCEAN'S THIRTEEN (PG13) 7:10, 10:00
KNOCKED UP (R) 2:10, 5:10, 8:15
AMC SELECT
SICKO (PG13) 2:25, 5:25, 8:35

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

PRESENTED IN DIGITAL PROJECTION
RATATOUILLE (G) 1:40, 4:25, 7:10, 9:50
HAIRSPRAY (PG) ✓ 12:55, 2:00, 3:25, 4:35, 6:10, 7:20, 8:45, 9:55
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) ✓ 1:30, 2:20, 4:10, 5:10, 7:00, 7:55, 9:45, 10:35
CAPTIVITY (R) 8:50
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 1:00, 2:00, 2:45, 3:30, 4:15, 5:15, 6:05, 6:40, 7:30, 8:15, 9:15, 10:00
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) [CC] 2:00, 5:15, 8:15
LICENSE TO WED (PG13) 2:05, 4:30, 7:15, 9:35
TRANSFORMERS (PG13) 1:35, 2:30, 3:20, 4:40, 5:45, 6:50, 7:50, 9:00, 10:05
RATATOUILLE (G) 12:50, 3:30, 6:10
LIVE FREE OR DIE HARD (PG13) 1:35, 4:30, 7:35, 10:30
1408 (PG13) 2:30, 4:55, 7:20, 10:05
EVAN ALMIGHTY (PG) 1:30, 3:55, 7:25, 10:15
OCEAN'S THIRTEEN (PG13) 10:30 PM
SURF'S UP (PG) 12:50, 2:50
KNOCKED UP (R) 5:00, 7:45, 10:30

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

PRESENTED IN DIGITAL PROJECTION
RATATOUILLE (G) 1:30, 4:20, 7:10, 10:00
HAIRSPRAY (PG) ✓ 1:20, 2:20, 4:05, 5:05, 6:50, 7:50, 9:45, 10:45
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) ✓ 2:00, 4:50, 7:40, 10:30
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:45, 1:45, 4:00, 5:00, 7:15, 8:15, 10:40
LICENSE TO WED (PG13) 12:05, 2:10, 4:35, 7:05, 9:40
TRANSFORMERS (PG13) 12:20, 3:40, 5:10, 7:00, 8:30, 10:20
TRANSFORMERS (PG13) [CC] 12:20, 3:40, 7:00, 10:20
RATATOUILLE (G) 2:30
LIVE FREE OR DIE HARD (PG13) 1:15, 4:15, 7:20, 10:35
OCEAN'S THIRTEEN (PG13) 5:15, 8:05, 10:40
KNOCKED UP (R) 12:40, 3:45, 6:45, 9:50
AMC SELECT
RESCUE DAWN (PG13) 1:40, 4:30, 7:30, 10:25
EVENING (PG13) 2:25
SICKO (PG13) 1:50, 4:45, 10:45

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT
GOYA'S GHOSTS (R) 1:30, 4:10, 7:00
INTRODUCING THE DWIGHTS (R) 1:40, 4:20, 7:10
YOU KILL ME (R) 2:20, 4:50, 7:50
EVENING (PG13) 1:30, 3:50, 7:20
SICKO (PG13) 2:10, 4:40, 7:20
GOLDEN DOOR (PG13) 4:30
LA VIE EN ROSE (PG13) 2:00, 5:00, 8:00
WAITRESS (PG13) 1:50, 7:10

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

PRESENTED IN DIGITAL PROJECTION
RATATOUILLE (G) 1:15, 4:05, 6:55, 9:45
HAIRSPRAY (PG) ✓ 1:05, 2:05, 3:45, 4:45, 6:35, 7:35, 9:25, 10:20
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) ✓ 1:20, 2:25, 4:10, 5:10, 7:00, 7:55, 9:50, 10:35
CAPTIVITY (R) 10:15 PM
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:15, 1:00, 1:45, 2:30, 3:30, 4:15, 5:00, 5:45, 6:45, 7:30, 8:15, 9:00, 10:00
LICENSE TO WED (PG13) 12:50, 3:10, 5:30, 7:50, 10:05
TRANSFORMERS (PG13) 12:30, 1:25, 2:50, 3:40, 4:40, 6:10, 7:05, 8:00, 9:30, 10:25
TRANSFORMERS (PG13) [CC] 12:30, 3:40, 7:05, 10:25
RATATOUILLE (G) 2:00, 4:55, 7:40
LIVE FREE OR DIE HARD (PG13) 1:10, 4:20, 7:25, 9:20, 10:30
1408 (PG13) 12:00, 2:20, 4:50, 7:20, 9:55
EVAN ALMIGHTY (PG) 12:45, 3:15, 5:40, 8:10
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 1:50, 4:25, 6:50
KNOCKED UP (R) 10:30 PM

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

HAIRSPRAY (PG) 12:30, 1:45, 3:10, 4:25, 5:50, 7:10, 8:30, 9:50, 11:10
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 2:20, 5:10, 8:00, 10:50
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:10, 1:15, 2:15, 3:25, 4:30, 5:35, 6:40, 7:45, 8:50, 10:00
LICENSE TO WED (PG13) 12:50, 3:20, 5:45, 8:05, 10:25
TRANSFORMERS (PG13) 12:40, 2:55, 4:05, 6:10, 7:20, 9:30, 10:35
TRANSFORMERS (PG13) [CC] 12:40, 4:05, 7:20, 10:35
RATATOUILLE (G) 1:25, 2:40, 4:15, 5:30, 7:00, 8:20, 11:05
LIVE FREE OR DIE HARD (PG13) 12:55, 3:50, 6:50, 9:45
1408 (PG13) 1:35, 4:10, 9:05
EVAN ALMIGHTY (PG) 2:10
OCEAN'S THIRTEEN (PG13) 11:00 PM
KNOCKED UP (R) 4:40, 7:35, 10:30
AMC SELECT
SICKO (PG13) 10:05 PM

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

HAIRSPRAY (PG) ✓ 1:45, 4:20, 7:00, 9:45
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) ✓ 2:00, 4:50, 7:40, 10:30
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:20, 1:10, 3:30, 4:15, 6:45, 7:30, 10:00, 10:45
LICENSE TO WED (PG13) 2:35, 5:20, 7:50
TRANSFORMERS (PG13) 3:40, 4:40, 7:00, 8:00
RATATOUILLE (G) 2:00, 4:45, 7:20
LIVE FREE OR DIE HARD (PG13) 2:15, 5:05, 8:15
EVAN ALMIGHTY (PG) 2:45, 5:15, 7:45

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

HAIRSPRAY (PG) 1:20, 4:20, 7:00, 9:45
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 2:00, 4:50, 7:40, 10:30
CAPTIVITY (R) 7:50, 10:15
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:20, 3:30, 6:45, 10:00
LICENSE TO WED (PG13) 4:25, 10:05
TRANSFORMERS (PG13) 12:00, 1:00, 3:10, 4:00, 6:30, 7:20, 9:55, 10:35
RATATOUILLE (G) 1:30, 4:30, 7:30, 10:20
LIVE FREE OR DIE HARD (PG13) 12:55, 3:55, 6:55, 10:10
1408 (PG13) 12:10, 2:45, 5:15, 8:05, 10:25
EVAN ALMIGHTY (PG) 1:40, 7:25
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 12:25, 2:50, 5:20
AMC SELECT
TALK TO ME (R) 12:30, 1:35, 3:35, 4:10, 6:50, 7:35, 9:50, 10:35

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:00, 3:20, 6:45, 10:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

PRESENTED IN DIGITAL PROJECTION
RATATOUILLE (G) 1:05, 4:05, 6:50, 9:30
HAIRSPRAY (PG) ✓ 1:40, 4:30, 7:30, 10:30
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) ✓ 11:45, 1:15, 2:45, 4:15, 5:40, 7:15, 8:40, 10:05
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 11:20, 12:20, 1:20, 2:25, 3:30, 4:40, 5:45, 7:00, 8:00, 9:05, 10:25
LICENSE TO WED (PG13) 12:30, 2:50, 5:10, 7:35, 9:55
TRANSFORMERS (PG13) 12:15, 1:35, 3:40, 4:55, 7:10, 8:25, 10:40
RATATOUILLE (G) 11:30, 2:15, 5:15, 7:55
RATATOUILLE (G) [DVS] [CC] 11:30, 2:15, 5:15, 7:55
LIVE FREE OR DIE HARD (PG13) 1:10, 4:35, 8:05, 10:35
LIVE FREE OR DIE HARD (PG13) [DVS] [CC] 10:35 PM
1408 (PG13) 12:55, 3:20, 5:50, 8:15, 10:50
EVAN ALMIGHTY (PG) 11:10, 1:50, 4:25, 7:05, 9:35
OCEAN'S THIRTEEN (PG13) 11:15, 2:10, 5:05, 7:50, 10:55
KNOCKED UP (R) 1:45, 4:45, 7:45, 10:45

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

HAIRSPRAY (PG) ✓ 12:20, 2:50, 5:20, 7:50, 10:20
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) ✓ 1:20, 4:10, 7:00, 9:50
LICENSE TO WED (PG13) 12:30, 3:00, 5:15, 7:30, 9:45
TRANSFORMERS (PG13) 12:40, 4:00, 10:15
RATATOUILLE (G) 1:10, 4:30, 7:05, 10:00
LIVE FREE OR DIE HARD (PG13) 1:00, 4:15, 7:15, 10:05
KNOCKED UP (R) 12:50, 7:20
AMC SELECT
THE LIVES OF OTHERS (R) 4:20, 10:10

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

JOSHUA (R) 1:15, 3:30, 5:50, 8:10, 10:30
LICENSE TO WED (PG13) 1:05, 3:20, 5:30, 7:40, 9:45
RATATOUILLE (G) 1:00, 4:00, 6:50, 9:30
LIVE FREE OR DIE HARD (PG13) 1:10, 2:10, 4:10, 5:10, 8:00, 10:00, 10:45
1408 (PG13) 1:50, 4:30, 7:20, 9:40
OCEAN'S THIRTEEN (PG13) 1:20, 4:20, 7:00, 9:50
KNOCKED UP (R) 1:30, 4:40, 7:30, 10:20

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
703-506-9857 802

I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 1:10, 4:10, 7:10
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 12:30, 2:40, 5:10, 8:10
NANCY DREW (PG) 12:20, 2:40, 5:00, 8:00
SURF'S UP (PG) 12:00, 2:30
SHREK THE THIRD (PG) 12:10, 2:15
AMC SELECT
EVENING (PG13) 1:30, 4:20, 7:20
SICKO (PG13) 1:00, 4:00, 7:00
A MIGHTY HEART (R) 12:25, 2:30, 4:50, 7:50
WAITRESS (PG13) 4:30, 7:30
AVENUE MONTAIGNE (PG13) 4:40, 7:40

LOEWS DUPONT 5
1350 19th St.
1-800-FANDANGO #711

I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 1:30, 4:30, 7:30
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 1:00, 4:00, 7:00
JOSHUA (R) 1:45
KNOCKED UP (R) 4:45, 7:45
AMC SELECT
GOYA'S GHOSTS (R) 1:15, 4:15, 7:15
A MIGHTY HEART (R) 2:00, 5:00, 8:00

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

HAIRSPRAY (PG) 2:30, 5:00, 7:40, 10:15
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 2:00, 4:40, 7:25, 10:05
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 1:50, 4:45, 7:30, 10:15
TRANSFORMERS (PG13) 1:40, 4:30, 7:25, 10:15
RATATOUILLE (G) 2:00, 4:30, 7:00, 9:30

Times for Tuesday, July 24, 2007

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MAN IN UNIFORM: "NYPD Blue" alumus Esai Morales has landed a recurring role on "Jericho," the CBS series with a decidedly devoted cult following. Morales will play an Iraq war veteran who hasn't seen his wife since the series' fictional attack.

Television

ON TV TONIGHT

CAN'T OR WON'T?
Emily can't listen on **GILMORE GIRLS** (8 p.m., CW).

GET IN HIS HEAD
An office drone (John Cusack) and his manipulative co-worker (Catherine Keener) find a portal to new experiences in the quirky 1999 fantasy **BEING JOHN MALKOVICH** (8 p.m., Fuse).

CAREFUL WHAT YOU WISH FOR
Gregory covets his old handicapped parking space on **HOUSE** (9 p.m., Fox).

FOR A CHANGE
A sheik's plans for a desert city mirror the culture clash between East and West on **WIDE ANGLE** (10 p.m., PBS).

BUILDING BRIDGES
Mike works on the Mackinac Bridge on **DIRTY JOBS** (9 p.m., Discovery).

UNIVERSAL STUDIOS

THANKLESS JOB: John Cusack is a puppeteer in "Being John Malkovich."

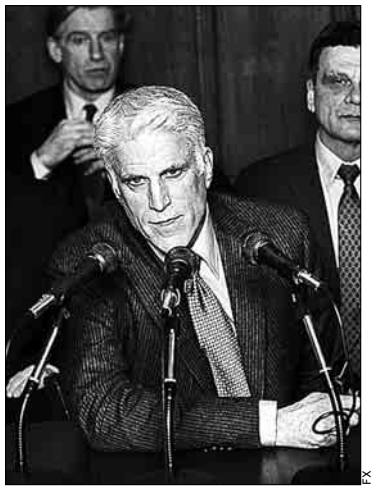
SNIPPETY YANKEES
George and Billy bicker over Reggie's place in the lineup on **THE BRONX IS BURNING** (10 p.m., ESPN). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Close to Addictive

A big screen veteran and a sitcom legend star in an FX series

LAW | Glenn Close stars in "Damages" (10 p.m., FX), a smart and challenging legal drama/thriller that leaves viewers with as many questions as answers. It all but demands that you tune in again next week to find out just what happened.

For starters, "Damages" appears to be told in a season-long flashback. We first see an attractive woman leaving her apartment in only a robe. She's covered in blood. She's mute, frightened and soon arrested.



FX

CHEERS! To Ted Danson, for landing a serious role on a serious show.

We quickly discover that she's Ellen Parsons (Rose Byrne), a brilliant law student poised to sign on with a hotshot firm. But she gives up that chance to interview with Patty Hewes (Close), the most infamous and ambitious litigator in New York, if not the universe.

Ted Danson stars as Arthur Frobisher, the former CEO of an Enron-type firm accused of cashing out and gutting his employees' pension fund. Hewes wants to take him down in the worst way. It's fun to see the old Sam Malone as the heavy, just as it was delicious to watch "My Three Sons" patriarch Fred MacMurray play the sap in "Double Indemnity."

Close and Danson starred together once before, in the TV movie "Something About Amelia," back in 1984.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

7.24.07		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News (N)		NBC Nightly News	Access Hollywood	America's Got Talent The top contestants compete. (N)			The Singing Bee	Law & Order: Special Victims Unit		News (N)	Tonight Show
	WTTG 5	Seinfeld	The Simpsons	The Simpsons	Seinfeld	On the Lot (S Live) (PA)		House "Needle in a Haystack"		News (N)		News (N)	Every-Raymond
	WJLA 7	News (N)	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Just For Laughs	Just For Laughs	Shaq's Big Challenge (N)		Primetime: Family Secrets (N)		News (N)	(:35) Nightline (N)
	WUSA 9	News (N)	Evening News	News	Entertainment	NCIS "Friends and Lovers"		Big Brother 8 (N)		Pirate Master "24-Hour Party Pirates"		News (N)	Late Show
	WDCA 20	Judge Judy	Judge Joe Brown	Scrubs	Scrubs	★★ "The End of the Affair" (1999) Ralph Fiennes, Julianne Moore.				Still Standing	Still Standing	Malcolm-Mid.	Malcolm-Mid.
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors MD	Nova "Nova scienceNOW" (N)		Great Performances "Beverly Sills: Made in America"			Charlie Rose (N)		Roadshow FYI
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "Nova scienceNOW" (N)		Tornado Diary "Tornado Alley"		Wide Angle "The Sand Castle"		Charlie Rose (N)	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! "Foyle's War, Series IV: Bad Blood"			Grassroots: Ohio	BBC World News	Tavis Smiley	Charlie Rose (N)	
	WDCW 50	My Wife and Kids	My Wife and Kids	Friends	Friends	Gilmore Girls		Beauty and the Geek		Will & Grace	Will & Grace	Sex and the City	Sex and the City
BASIC CABLE	A&E	Investigative Reports		CSI: Miami "Witness to Murder"		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel	Criss Angel
	Animal	The Crocodile Hunter Diaries		The Most Extreme	Fooled by Nature	Wild Kingdom Pygmy elephants.		Natural World: Hawaii-Waves		Animal Precinct Ailing cats; dog fight.		The Most Extreme	Fooled by Nature
	BET	106 & Park: BET's Top 10 Live			★★★ "Baby Boy" (2001, Drama) Tyrese Gibson, Omar Gooding, A.J. Johnson.					Baldwin Hills	Hell Date	Take the Cake (Live)	
	Bravo	Kathy Griffin: My Life on the D-List		Kathy Griffin: My Life on the D-List		Kathy Griffin: My Life on the D-List		Kathy Griffin: My Life on the D-List		Kathy Griffin: My Life on the D-List		Flipping Out	Kathy Griffin
	Comedy	(5:00) ★ "Death to Smoochy" (2002)		Scrubs	Scrubs	Daily Show	Colbert Report	Chappelle's Show	South Park	Mind of Mencia	Am. Body Shop	Daily Show	Colbert Report
	Court	World's Wildest Police Videos		Cops	Cops	Cops	Cops	Forensic Files	Forensic Files	Dunne: Power, Privilege & Justice		North Mission	Haunting Evid.
	Discovery	Cash Cab	Cash Cab (N)	Really Big Things		Dirty Jobs "Well Digger"		Dirty Jobs Dirtiest machines. (N)		Build It Bigger (N)		Man vs. Wild Scotland's Cairngorms.	
	DISCH	Code Blue Car-crash injuries.		Impact: Stories of Survival		Quints: The First Year		Kids by the Dozen		Jon & Kate Plus 8	Jon & Kate Plus 8	Quints: The First Year	
	Disney	The Suite Life	Zack & Cody	Hannah Montana	Zack & Cody	"Johnny Kapahala: Back on Board" (2007, Comedy) Brandon Baker.				That's So Raven	Life With Derek	Zack & Cody	Hannah Montana
	E!	Best-Talent	Best-Comm	E! News (N)	The Daily 10 (N)	Rachael Ray: True Hollywood Story		True Hollywood Story		Simple Life	Simple Life	E! News	Chelsea Lately (N)
	FX	(5:00) ★★★ "Independence Day" (1996) Will Smith, Bill Pullman.				★★ "Flightplan" (2005, Suspense) Jodie Foster, Peter Sarsgaard. Premiere.				Damages "Pilot" (Series Premiere) (N)		(:05) Damages "Pilot"	
	HGTV	Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	My First Place	Decorating Cents	24 Hour Design	House Hunters	My Kitchen	House Worth?	Hidden Potential
	Family	8 Simple Rules	8 Simple Rules	★★ "Ice Princess" (2005, Comedy-Drama) Joan Cusack, Kim Cattrall.				★★ "Ice Princess" (2005, Comedy-Drama) Joan Cusack, Kim Cattrall.				The 700 Club	
	History	The Universe The sun.		Modern Marvels: Deep Sea Salvage		Mega Disasters: Mega Freeze		The Universe The rings of Saturn. (N)		Ice Road Truckers		Marvels: Pacific Coast Highway	
	Lifetime	Reba	Reba	Still Standing	Still Standing	Reba	Reba	"The Promise" (1999, Drama) Isabella Hofmann, Tracy Nelson.				Will & Grace	Will & Grace
	MTV	Cribs Block Party		Pimp My Ride	Trick It Out	Room 401	Scarred	Jackass	Jackass	Room 401	Scarred	Scarred	Trick It Out
	NICK	Ned's School	Zoey 101	Fairly OddParents	Jimmy Neutron	Drake & Josh	SpongeBob	Home Videos	The Cosby Show	The Cosby Show	The Cosby Show	The Cosby Show	The Cosby Show
	SCIFI	Stargate SG-1 "Scorched Earth"		Tru Calling "Haunted"		Tru Calling "Star Crossed"		Eureka Climate changes. (N)		ECW Is John Morrison still champion?		Painkiller Jane Riley is captured.	
	SPIKE	CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: NY "The Dove Commission"	
	TBS	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Bill Engvall	Every-Raymond	MLB Baseball Atlanta Braves at San Francisco Giants. (Subject to Blackout)			
	TLC	Flip That House	Flip That House	Mostly True Stories: Urban Legends		Sports Disasters		Miami Ink		Miami Ink "Viva Las Vegas" (N)		Miami Ink Mural project.	
	TNT	Law & Order "Thin Ice"		Law & Order "True Crime"		Law & Order "Cut" (DVS)		Law & Order "Obsession"		The Closer "Dumb Luck"		Without a Trace "Freefall"	
	USA	Law & Order: Criminal Intent "Slither"		Law & Order: Criminal Intent		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		★★ "Bruce Almighty" (2003, Comedy) Jim Carrey, Morgan Freeman.			
	VHI	Awesomely Wacky Baby Names		Cutest Babies Celebrity children.		Show Us Tats	Rock of Love With Bret Michaels Bret takes pictures.			Rock of Love With Bret Michaels		Scott Baio, 45	Fabulous Life Of...
SPAN.	TELEM	Daniela	Noti-Telemndo	Dame Chocolate		Madre Luna		La Esclava Isaura		La Esclava Isaura		Noti-Telemndo	12 Corazones
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón		Amar sin Limites		Destilando Amor		Ver Para Creer		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live)			Football Live	ESPN Ultimate NASCAR		ESPN Ultimate NASCAR The dirt. (N)		The Bronx Is Burning (N)		SportsCenter (Live)	
	ESPN2	Ray Evernham	NASCAR Now (N)	Long Winter of Henry Aaron (N)		WNBA Basketball Detroit Shock at Connecticut Sun. (Live)				WNBA Basketball Los Angeles Sparks at Sacramento Monarchs. (Live)			
	CSN	Washington	SportsNite	Train Camp	Terrapins Rising	Terrapins Rising	Washington Post Live			SportsNite	Train Camp	Best Damn Sports Show Period (Live)	
NEWS	CNN	Lou Dobbs Tonight		The Situation Room		Paula Zahn Now		Larry King Live		Anderson Cooper 360			
	FNC	Special Report (Live)		The Fox Report With Shepard Smith		The O'Reilly Factor (Live)		Hannity & Colmes (Live)		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball		Countdown With Keith Olbermann		MSNBC News Live		MSNBC Investigates		Inv: A Murderous Obsession	
MOVIES	AMC	(5:30) ★★★ "Batman" (1989, Action) Jack Nicholson, Kim Basinger. 'PG-13'				★★ "Hard to Kill" (1990, Action) Steven Seagal, Kelly LeBrock. 'R'				★★★ "Patriot Games" (1992, Suspense) Harrison Ford, Anne Archer. 'R'			
	TCM	★★ "Flying Leathernecks" (1951, War) John Wayne. 'NR' (DVS)				★★★ "Strategic Air Command" (1955, Adventure) James Stewart. 'NR'				★★★ "Flying Tigers" (1942, War) John Wayne, John Carroll. 'NR'			
	HBO	(5:30) ★★ "The Island" (2005, Action) Ewan McGregor. 'PG-13'				★★★ "Little Miss Sunshine" (2006) Greg Kinnear. 'R'			El Cantante	Costas NOW (N)		Entourage	Brook. Dodgers
	MAX	Lady in the Water	(:20) ★★ "The Golden Child" (1986) Eddie Murphy.			★★★ "Idlewild" (2006, Drama) André Benjamin, Antwan Patton. 'R'				★★ "Beerfest" (2006, Comedy) Jay Chandrasekhar. 'R'			
	SHOW	(5:45) "Dear Francis" (2005) 'NR'		★★★ "Tomorrow Never Dies" (1997) Pierce Brosnan. iTV. 'PG-13'				Meadowlands (iTV)		★ "The Devil's Rejects" (2005, Horror) Sid Haig. iTV. 'R'			
	TMC	Sunday Driver 'R'	★★★ "Wonderwall" (1969) Jack MacGowran. 'NR'			★★ "Pitch Black" (2000, Science Fiction) Radha Mitchell. 'R'				★★ "Asylum" (2005) Natasha Richardson. 'R'			Stark Raving Mad
	STARZ!	(5:00) ★★ "Mystery Men" (1999)		(:10) ★★ "Stick It" (2006, Comedy-Drama) Jeff Bridges. 'PG-13'				★★ "Pirates of the Caribbean: Dead Man's Chest" (2006) Johnny Depp. 'PG-13'					The Illusionist
	ENCORE	(5:00) ★ "The Postman" (1997, Drama) Kevin Costner. 'R'				★★ "Chicken Little" (2005) Voices of Zach Braff. 'G'			★★ "Bewitched" (2005) Nicole Kidman. 'PG-13'			(:15) ★ "The 13th Warrior" (1999) 'R'	

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If you qualify, you will receive at no cost:
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For more information call:
Patricia Julien-Williams RN, MSN,CANP
Clinical Research Coordinator
MedStar Diabetes Institute @ Washington Hospital Center
Phone: 202-877-2384 Email: patricia.julien-williams@medstar.net

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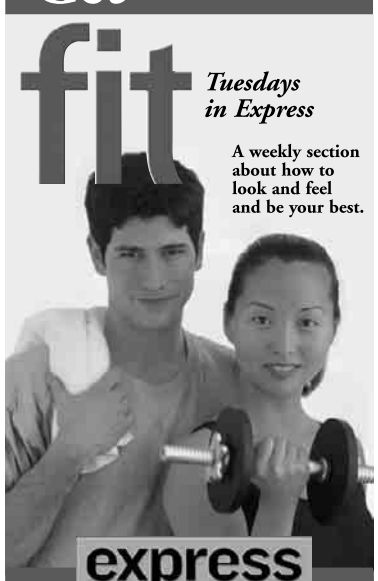

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Healthy Adult Volunteers Needed

HIV is a global epidemic. Currently, 38 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2005, 4 million people were newly infected with HIV, a rate of more than 11,000 infections each day. Approximately, 10 of every 1000 adults aged 15 to 49 worldwide are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

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Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy person between the ages of 18-40, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

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ODD COUPLE: Laila Ali and retired NFL receiver Curtis Conway were married last weekend, her manager, Eric Kaufman, said Monday. Conway, 36, and Ali met two years ago when he hosted a small party at his home. He proposed last Thanksgiving.

Sports

SUSAN WALSH/AP; GREG FIUME/GETTYIMAGES

Dmitri Young, left, is having a breakout season at the plate, and Chad Cordero is always a threat on the mound. Both could be traded as the deadline approaches.

It's Showtime for Nats' Front Office

Team has been gearing up for trade talks since before spring training

NATIONALS | Jim Bowden walked into the Washington Nationals' clubhouse during last week's homestand, crossed his arms, glanced up at one of the TVs and saw Alfonso Soriano digging into the batter's box at Wrigley Field.

Then, perhaps sensing the dozens of eyes watching him watch Soriano, Bowden left the room.

A year ago at this time, Soriano was a member of the Nationals, and everyone was watching Bowden, trying to figure out what Washington's general manager would do with the slugging outfielder. The expectation was he would be traded for prospects — but nothing happened.

Well, here we are again, in a way. The main major league trade deadline is July 31, and the Nationals have some big decisions to make.

Keep top hitter Dmitri Young? Or get whatever he'll bring in a deal? Infielder Ronnie Belliard may have been crossed off the list when he signed a two-year contract on Monday, but what about relievers Chad Cordero, Jon Rauch and Ray King?

"It possible with the team stuck in last place ... they could pursue proven major league players ... to hasten the rebuilding process."

Nationals beat writer Barry Svrluga says the team has targeted Reds OF Adam Dunn. | **Today, Sports**

IN The Washington Post

What are the chances any of those players could yield a player who would make the Nationals better once they're in their new ballpark, scheduled to open in 2008?

"We know what the plan is over here. Having those guys over here is nice, and they're helping. But where is it taking us right now?" manager Manny Acta said. "We know what the ultimate goal here is — to field a championship-caliber ballclub."

But as far back as February, Bowden sounded as though he was thinking about being a seller. Just as players were reporting for the start of spring training, that the Nats signed Young and Tony Batista to minor league contracts — and Bowden referred to them as "assets."

"It's important," the GM said at the time, "to have pieces to trade."

HOWARD FENDRICH (AP)

Goodell to Vick: Don't Go to Camp

League tells Falcons to withhold discipline; QB will still get pay

NFL | Michael Vick was ordered by commissioner Roger Goodell on Monday to stay away from the Atlanta Falcons' training camp until the league reviews the dogfighting charges against him.

"While it is for the criminal justice system to determine your guilt or innocence, it is my responsibility as commissioner of the National Football League to determine whether your conduct, even if not criminal, nonetheless violated league policies, including the Personal Conduct Policy," Goodell said in a letter to the quarterback.

The NFL said Vick would still get his preseason pay, and Goodell told the Falcons to withhold any disciplinary action of their own until the league's review was completed.

Vick and three co-defendants will appear in a Richmond, Va., federal courtroom Thursday on charges of competitive dogfighting, training pit bulls for fighting and conducting the enterprise across state lines. (AP)

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- ❒ Lack of motivation
- ❒ Negative thinking
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- ❒ Lack of concentration
- ❒ Feelings of anger or guilt

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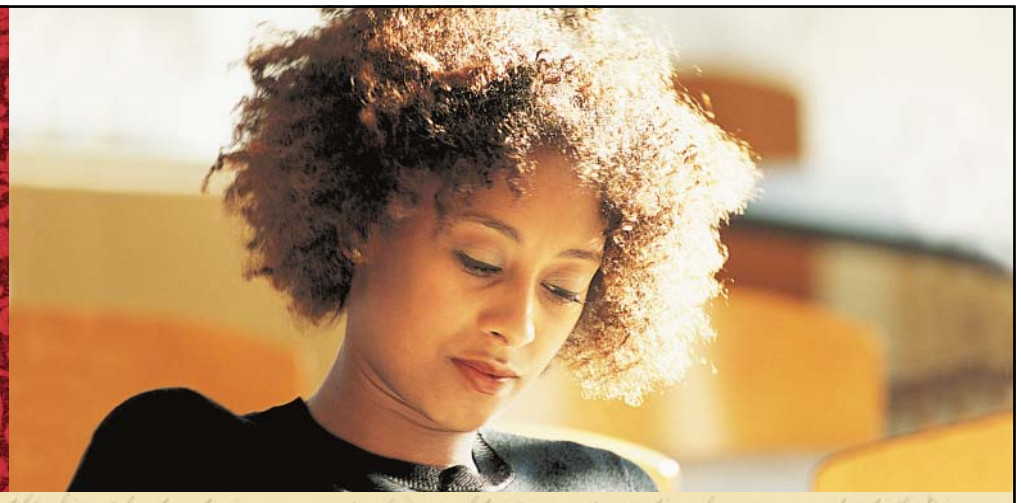

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The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio. Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report's procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site – **www.WantItSoldNow.com.**

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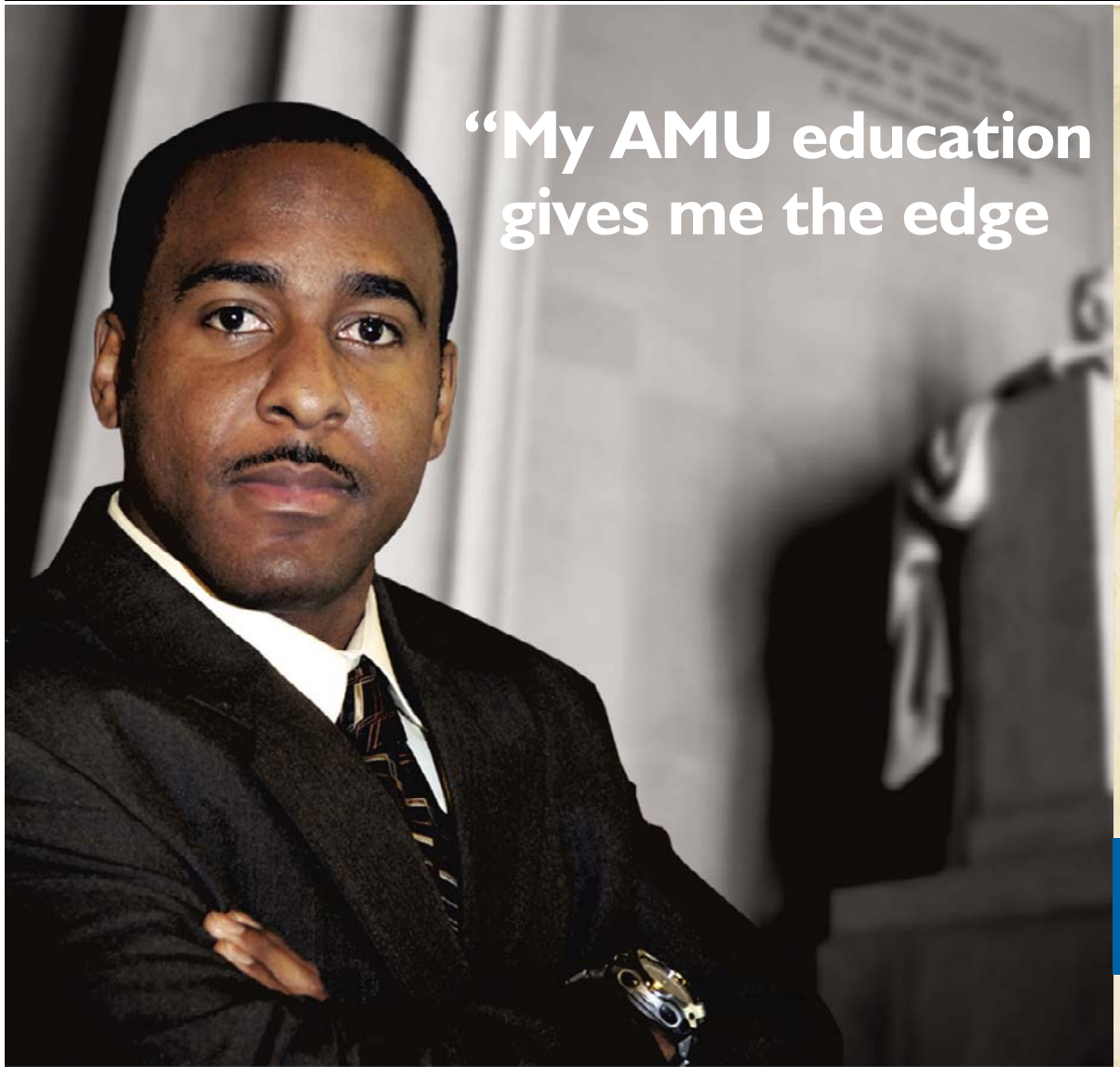

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33 | **The amount, in millions of dollars,** the Steelers will pay Troy Polamalu over the next four seasons, making him the highest-paid safety in the NFL. The deal includes $15.375 million in bonuses.

Rasmussen Stays With Challengers

Tour de France leader comes under fire amid doping allegations

CYCLING | Feeling increasing pressure on the course and off it, Michael Rasmussen has refused to crack, and his hold on the Tour de France lead is looking increasingly solid with five days of racing left.

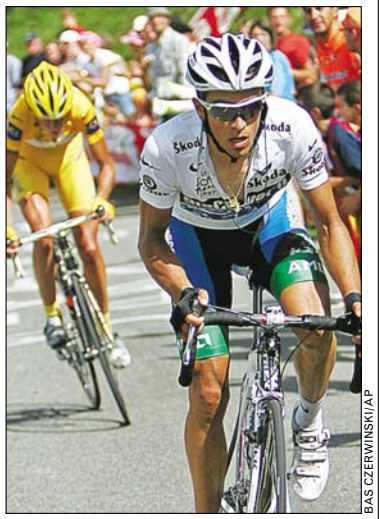
The wiry Dane reeled in repeated breakaway attempts by Alberto Contador, his last major challenger for the yellow jersey, in Monday's punishing ride along five climbs in the Pyrenees.

One-time race favorite Alexandre Vinokourov won the 15th stage along the Spanish border, his second stage victory this year, continuing a pattern of toggling between a bad showing one day and an exceptional performance the next.

Rasmussen has been a paragon of consistency.

He has needed to be.

The Danish cycling union said last week it had kicked him off the national team because he had missed doping tests before the Tour. A day later, a former amateur mountain bike racer claimed Rasmussen tricked him into carrying a human blood substitute to Italy five years ago.



BAS CZERWINSKI/AP

Alberto Contador, right, attacked on the day's last climb but couldn't break away.

On Monday, the head of the International Cycling Union joined in with his doubts about Rasmussen.

"With all this speculation around him, it would be better if somebody else were to win," UCI chief Pat McQuaid told The Associated Press. "The last thing this sport needs is more speculation about doping."

McQuaid added, however, that the Danish rider has "broken no rules, so, from that point of view ... you have to give him the benefit of the doubt." JAMEY KEATEN (AP)

MLB STANDINGS

THROUGH JULY 22'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	59	39	.602	—	34-19	25-20
New York	51	46	.526	7.5	32-20	19-26
Toronto	48	50	.490	11.0	28-20	20-30
Baltimore	44	53	.454	14.5	22-22	22-31
Tampa Bay	38	60	.388	21.0	22-28	16-32
CENTRAL	**W**	**L**	**PCT.**	**GB**	**HOME**	**ROAD**
Detroit	58	38	.604	—	26-21	32-17
Cleveland	58	40	.592	1.0	34-15	24-25
Minnesota	51	47	.520	8.0	28-24	23-23
Chicago	43	54	.443	15.5	19-25	24-29
Kansas City	43	54	.443	15.5	20-28	23-26
WEST	**W**	**L**	**PCT.**	**GB**	**HOME**	**ROAD**
L.A. Angels	57	40	.588	—	31-14	26-26
Seattle	54	41	.568	2.0	31-18	23-23
Oakland	46	52	.469	11.5	25-27	21-25
Texas	42	56	.429	15.5	23-25	19-31

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	55	43	.561	—	26-20	29-23
Atlanta	52	47	.525	3.5	27-26	25-21
Philadelphia	50	48	.510	5.0	24-22	26-26
Florida	48	51	.485	7.5	23-29	25-22
Washington	42	56	.429	13.0	24-29	18-27
CENTRAL	**W**	**L**	**PCT.**	**GB**	**HOME**	**ROAD**
Milwaukee	55	43	.561	—	36-17	19-26
Chicago	51	46	.526	3.5	27-24	24-22
St. Louis	45	50	.474	8.5	21-22	24-28
Houston	42	56	.429	13.0	24-22	18-34
Pittsburgh	41	56	.423	13.5	23-29	18-27
Cincinnati	41	58	.414	14.5	20-26	21-32
WEST	**W**	**L**	**PCT.**	**GB**	**HOME**	**ROAD**
L.A. Dodgers	55	44	.556	—	29-24	26-20
San Diego	53	44	.546	1.0	28-24	25-20
Arizona	52	48	.520	3.5	27-20	25-28
Colorado	49	49	.500	5.5	26-19	23-30
San Fran.	41	55	.427	12.5	21-24	20-31

Swengali

NBA | BY MATT SWENSON

NBA Can Move Past Scandal

IT'S TRUE THAT THERE IS no easy fix for the NBA's referee scandal. Yet, hyperbole aside, gambling on games has proven only to be damaging to a sport and not a crippling blow.

Look no further than baseball's worst moment — the 1919 World Series — for proof that recovery is possible. Throwing the World Series, as "Shoeless" Joe Jackson's Chicago White Sox did, is as heinous a sports crime that can be committed.

Somehow, though, baseball endured as the national pastime until the NFL figured out how to best use television as a marketing tool.

Even the Olympics, which continue to be held in high regard, have dealt with and overcome referee scandals. Who can forget the precious French skating judge at the heart of the 2002 Winter Games or the outright robbery of what should have been Roy Jones Jr.'s gold medal in 1988?

> It's amusing that no one noticed a referee deliberately making the wrong calls.

Don't get me wrong: The NBA is in a bad position when it comes to the accusations surrounding Tim Donaghy. Point shaving through bad calls is a serious offense and dangerous — not only in the realm of wins and losses, but also if the mob tries to retaliate against Donaghy.

It is amusing, though, that no one noticed a referee deliberately making the wrong calls. Referees seem to do a pretty good job of that without financial incentive.

This will be an ugly year for the NBA as it tries to reclaim its legitimacy. But, in time, the league will move on — until the next scandal erupts.

@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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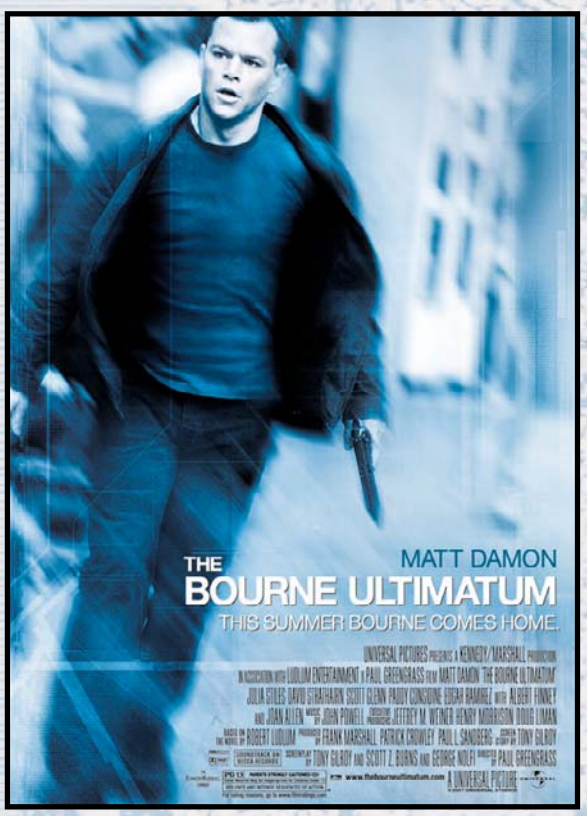

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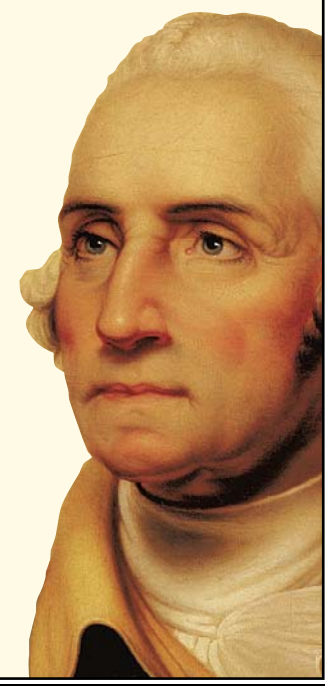

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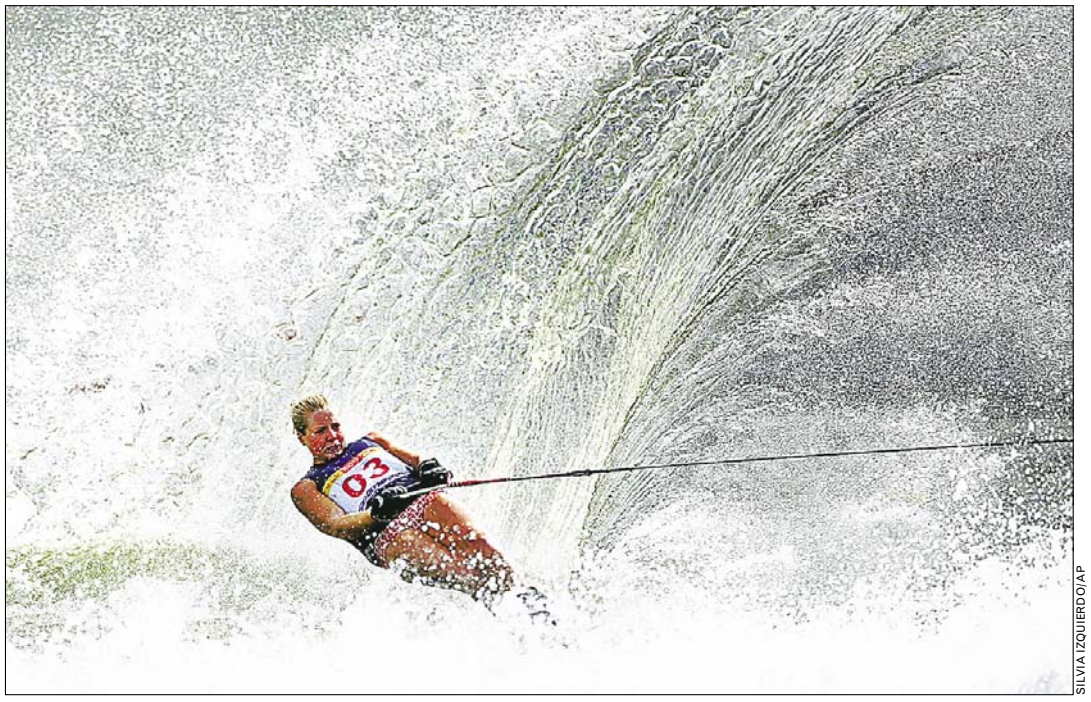
— **Allen Iverson**, who told the Daily Press of Hampton Roads, Va., that Michael Vick should "keep his head up."

Sports

PAN AMERICAN GAMES | WATER WALL



SILVIA IZQUIERDO/AP

DOUBLE TAKE: Canada's Whitney McClintock carves out a turn during her slalom run at the Pan American Games in Rio de Janeiro. McClintock and fellow Canadian Drew Ross swept gold in the men's and women's slalom finals.

Line Drive Kills Baseball Coach

BASEBALL | A Colorado Rockies minor league coach died after being struck in the head by a line drive as he stood in the first-base coach's box during a game.

Tulsa batting coach Mike Coolbaugh was knocked unconscious by Tino Sanchez's line drive during the ninth inning of Sunday night's game against the Double-A Arkansas Travelers, according to a statement on the Drillers' Web site. The former major leaguer was taken to Baptist Medical Center-North Little Rock, where he was pronounced dead.

The Drillers said Monday night's game against the Wichita Wranglers in Kansas has been postponed, and baseball teams and executives expressed sadness over the former major leaguer's death.

"This was a tragic event that took a great teammate and a wonderful human being from us far too soon," Houston Astros general manager Tim Purpura said. (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN2) The Phillies await the Nats in Philadelphia for the first game of a three-game set.

ORIOLES (7 P.M. ON MASN) The birds hope to capitalize on Tampa Bay's struggling pitchers, who gave up 38 runs in two games against the Yankees last weekend.

BASEBALL (10 P.M. ON TBS) Since the Giants are playing the Braves this week, there's a chance Bonds' record-breaking home run will be on national TV.

WNBA (8 P.M. AND 10 P.M. ON ESPN2) Detroit is at Connecticut and L.A. is at Sacramento in WNBA action.

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The National Gallery of Art is seeking an experienced Woodcrafter to perform all phases of carpentry maintenance and cabinet and furniture fabrication. The individual shall have experience with drywall, Plexiglas, plastic laminate, and floor and ceiling tile and must be able to interpret plans, specifications, and sketches. Secure government job, great benefits. Salary range $22.57-$26.36, hourly. Call Mr. MacFarlane at 202-842-6816 for more information. U.S. citizenship is required. For application information and instructions go to http://jobsearch.usajobs.opm.gov/a9nga.asp. The vacancy announcement number is #07-62. Applications will be accepted through 8/10/07. EOE.

CHILDCARE **Landover**
Teacher's Aide. FT & PT. Fax resume: 301-322-9345.

Cleaners

Rhino Cleaning Company is seeking senior managers for our accounts in MD/VA/DC.

- VP of Operations - Salary up to 100K plus benefits
- Regional Managers - Salary up to 50K plus benefits
- Area Supervisors
- Floor Techs

Responsibilities include daily inspections to assure client satisfaction, handling any emergencies in area, direction and training to staff, and operating within budget. Candidate must have experience in cleaning industry. Great pay, benefits, car! Send resume to customerservice@rhinocleaning.com or fax to 484-229-1150.

CNA's
Legacy Home Care is seeking caring and dependable CNA's for **Live-in** and **Hourly** work. 1 year experience required. Call (301) 587-9600.

CONSTRUCTION

Exper'd. Foreman for underground sewer & water. Great pay, paid vacation, holidays, 401(K), profit sharing, health & dental insurance. Company vehicle provided Contact: John Kulp, 202-829-8510 , ext 1547. EOE.

CONTRACTS

Senior Contract Specialists

Seeking several indivs. w/BA deg. & 10+ yrs of exp. working on-site at govt agencies reqd. CPCM's prefd. Jobs in WDC area. Email resume bjohnson@magroupinc.net

JOBS

Customer Service

Warranty Service Rep

F/T in Chantilly. Reqd: Customer Service back., strong communication & writing skills to deal w/ homeowners. Position includes setting up files, speaking w/insured and homeowner regarding questions about their home warranty. Training provided. Fax resume w/salary reqs to: 703-803-7752 or e-mail: **richardwood@pwsc.com**

DANCERS— Wanted for Gentleman's Club (PG County). $300-$500/night. No exp. needed. **240-286-3660 or 301-568-8500**

DENTAL ASSISTANT
P/T position, Wednesday & Thursday.
Office in Gaithersburg, MD. Call 301-869-6600

DENTAL HYGIENIST — PG ofc in search of perio-focused Hygienist Mon-Thur. Must be a team player. Fax resume: **301-476-7489.**

DENTAL LABORATORY
Hiring all phases, fixed and removables. Experienced only. FT position. Benefits. Top pay. Two locations: Fredericksburg & King George, VA. Call 800-659-9712, ask for Eric or Richard.

DRIVING/LIMO - CDL w/P
FT. Must be avail. eves & wkends. VA/DC/MD. $14/hr. Springfield **703-550-7200**

DRIVERS NEEDED
East to West Coast operations. CDL Class A req'd. Call: **410-631-0497 or 410-256-0721**

DRIVER—Dependable & exp'd. w/clean driving record, will deliver bottle water, good sal & benes. For interview/send resume, fax: 703-961-0203 Chantilly, VA or **service@elementh2o.com**

Driver—Class A CDL with H & T endors. for local construction company. Call 301-277-8220

DRIVER $—A courier co. in Alexandria, VA needs experienced couriers with **cars, vans, PU-truck.** Commission plus gas incentives. Benefits offered by a 3rd party company. **Call Gary 703-684-7836.**

JOBS

Driver—Limo Driver. CDL licensed, PT/FT. Fax resume to: 703-643-0535.

DRIVER

SCHOOL BUS
P&S endorsement & 2+ yrs exper. 301-949-3897.

Drivers/Warehouse

Publishers Circulation Fulfillment Inc

Is seeking Independent Contractors & Distribution Generalists

Contractors: Deliver newspapers and other publications. Early mornings 3:30am-6:00am. $200-$300 per wk. NW & NE Washington DC - Silver Spring, Takoma Park, PG County.

Generalists: Hyattsville, MD. Early AM hours. Perform daily truck off load, product set up, assist with route deliveries. Reliable car required.

Contractors call: **1-800-515-8000**
Generalists call: **1-800-975-6034**

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Adventure program teaching Challenge Course, Rock Climbing, Canoeing with all age groups. Must be at least 18, and pursuing or completed college degree. Exp. in teaching/counseling desired. Will train in tech. skills. Full-time commitment, starting Aug 19th. Can lead to perm. seasonal position. If interested in this opportunity, please call 703-478-1078 or email innerquest@cs.com.

FOOD SERVICE—Utility, cook positions. Upscale schools in NW & Eastern DC. 2 yrs. exp. in kitchen req'd. Exc. schedule pay, benefits. Drug & bkgnd req'd. Call Mgr. 240-387-1230. Fax to: 301-552-2775

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Contractors: Deliver newspapers and other publications. Early mornings 3:30am-6:00am. $200-$300 per wk. NW & NE Washington DC - Silver Spring, Takoma Park, PG County.

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Contractors call: **1-800-515-8000**
Generalists call: **1-800-975-6034**

Classifieds

JOBS

FINANCE and ACCOUNTING

The Washington Metropolitan Area Transit Authority (WMATA) has multiple openings in finance and accounting. Seeking junior and senior financial analysts experienced in budget development, capital program oversight, performance measurement, independent financial research and financial reporting. Also seeking staff accountants, systems analysts and accounting supervisors for G/L and payroll work. All positions work closely with CFO. Experience with PeopleSoft financials and budgeting is a plus, also seeking web development and COGNOS skills.

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We offer an attractive benes & comp pkg. For more details visit us at: www.unityhealthcare.org; Unity Health Care, * Attn: Human Resources, 3020 14th St., NW, Wash, DC 20009. Resumes to:
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- **Director of Sales**
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Housekeeping

Environmental Services - (Evns/Wknds)

Lux hi-rise condo in Alex., VA seeks qualified, dependable individual for our evenings and weekends shift, FT hourly position as an Environmental Service Worker/Asst Supervisor. Position requires a person to be flexible and willing to work in all areas of housekeeping as needed. Duties include but not limited to keeping the common areas (floors, walls, fixtures, etc.) and corridors clean and free of debris. Must know safe and proper operation of a buffer and other floor cleaning related equipment. Knowledge of general cleaning and cleaning chemicals a must. Salary Range $8.75 to $9.00.

FT positions provide possible OT, health, life, dental insurance and retirement benes. Stable and verifiable work history a must. Criminal background checks will be conducted. Apply in person, fax (703) 823-5630, or send resume to: Human Resource Manager, Watergate at Landmark, 211 Yoakum Parkway, Alex., VA 22304.No phone calls, please. EOE

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Send resume & salary requirements to
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HVAC

A/C Equipment Mechanic

The National Gallery of Art has multiple vacancies for A/C Equipment Mechanics responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, and compressors, etc. Secure government job, great benefits. Starting wages $47,000. Call Mr. John Bixler at 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to http://jobsearch.usajobs.opm.gov/a9nga.asp. The vacancy announcement number is #07-17. Applications will be accepted through 9/28/07.

INVENTORY CONTROL CLERK

Maintains mechanized supply records, investigates/resolves discrepancies. Min 1 year training/exp in inventory control with computer entry. HS grad or equiv with formal training.

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Managers/Entertainment
MANAGERS, ANAGEMENT TRAINEES, MOVIE INDUSTRY. MULTIPLEX CINEMAS, owned and operated by National Amusements, Inc., a leader in motion picture exhibition, has several positions available in Northern Virginia. If you're ambitious, career-minded and have a strong interest in the entertainment industry, we want to talk to you! Send resume with salary requirements to: District Manager, National Amusements, Inc., Centreville Multiplex 101, 6201 Multiplex Dr., Centre- ville, VA 20121 or Fax: 703- 802-3032 Email: VirginiaDO@National-Amusements.com

Marketing

MEDIA PLANNER

As a member of our Marketing Research Department, produce industry-specific sales strategy presentations and media recommendations that match Washington Post Advertising products with client target audiences and objectives. Requires strong data analysis skills, ability to communicate media research concepts and technical data to lay people both graphically and in written reports, excellent writing skills, and Bachelor's degree. Expertise in Excel and PowerPoint strongly preferred. For more info: **www.washpostco.com** Send a cover letter and resume to talentsearch@washpost.com. Subject line: **MPEXP/JT**

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Mechanic & Helper

Truck & RV repair. VA Inspector is a plus. Mon-Fri, 7:30-4:30p. Good pay & benefits. 703-444-8900.

MEDICAL RECEPT
Endocrinologist office seeking F/T Med. Recept. with at least 1 yr. exper. Please fax resumes to: 301-474-2686.

Medical Receptionist

Exper. for Derm. practice in VA, proficient in Computer, insurance knowledge. Must have people's skills. Fax resume to: 703-822-8222.

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Nixon Peabody LLP has made Fortune magazine's 100 Best Companies to Work For in 2006 and 2007 because we believe in fostering a collegial and dynamic workplace where people are treated like professionals. We are looking for an experienced Office Services Clerk to join our Washington office team. Individual will sort and deliver mail, handle large photocopy and fax projects, and provide back-up reception coverage. Qualified candidates must possess prior experience, proficiency in Microsoft applications, and be able to lift up to 60 lbs. Hours are 11:30 a.m. - 8:00 p.m. Send cover letter with salary requirement and resume to dcresumes@nixonpeabody.com or 202.354.4869 (Fax). Reference job title in subject line only. All inquiries will be kept confidential. EOE. M/F/D/V

Pastry Chef/MasterBaker/Baker/ Oven Operator

Needed immediately in Sterling, VA. Must be able to work flexible schedule and weekends a must. Email resume to
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or fax 703-312-6051.

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Lifetouch National School Studios is now hiring seasonal School Photographers to work F/T hours, Sept. to Nov. and Feb. thru May. Have summers and winter break off. Training and equipment provided. Must have reliable transportation. Criminal background check and motor vehicle check required. Drug free workplace. EOE. 703-968-6443 ext 33.

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Property Management

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Property Management

LEASING

Lge. Apt. Comm. in Falls Church, VA seeking **PART TIME WEEKEND ONLY** leasing agents. Minimum requirement of two weekends per month. Prefer those with experience in Sales and Customer Service. Please fax your resume Attn: Christa (703) 641-0038.

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SALES

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Sales

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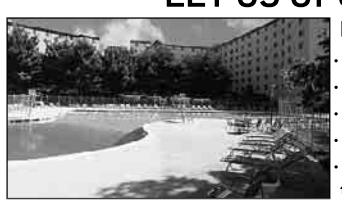
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INSIDE

The Simpsons get a high-end makeover | 31

'Potter' Payday: Daniel Radcliffe turns 18 | 34

Dr. Gridlock: Best bets for navigating D.C. | 32

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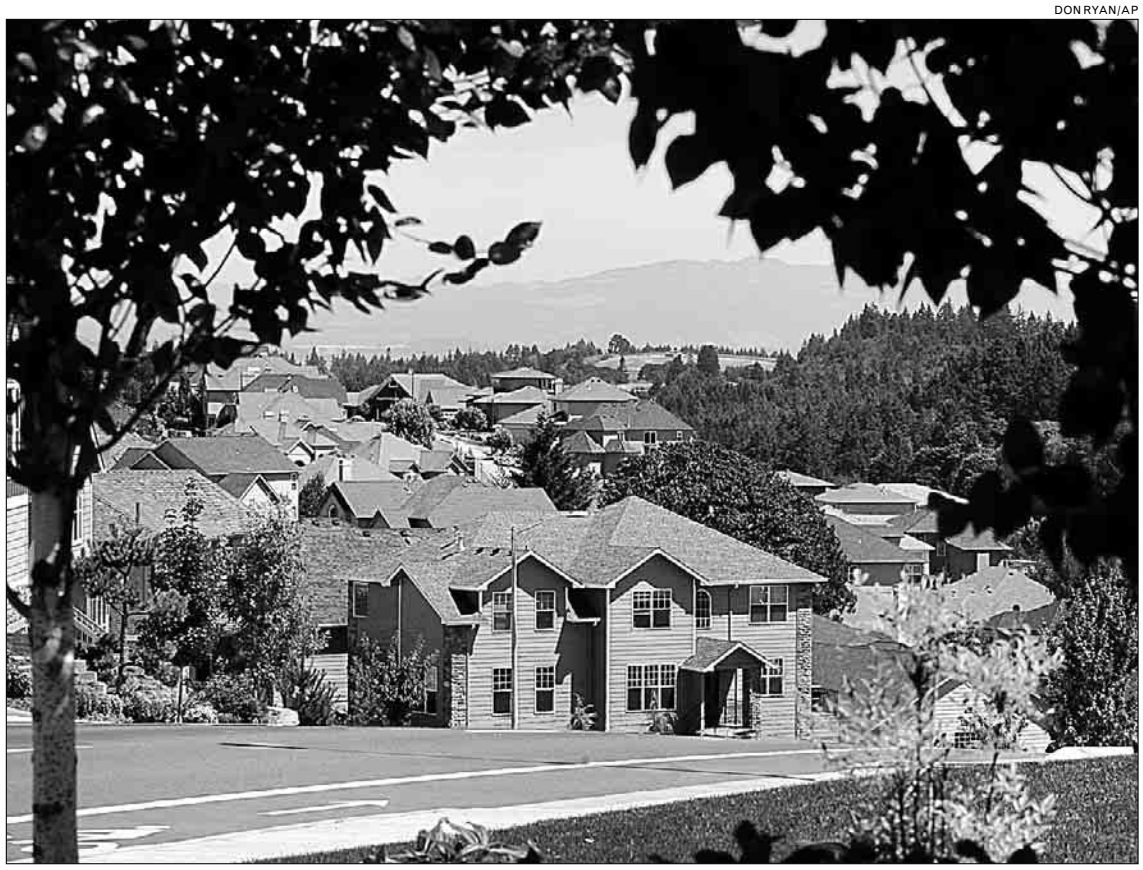


AVOIDING THE SLUMP: First-time home buyer Ben Brubaker grabs an informational flier for a home in Salem, Ore., currently one of the nation's hottest housing markets.

Late to the Party

Real Estate

The housing boom has only just arrived in some metro areas

Aside from being Oregon's capital city, Salem doesn't have much to boast about. Most downtown restaurants close by 7 p.m. and Lefty's — the only cool bar in town, according to local college students — is known for its karaoke fundraisers.

But the real estate market here is buzzing. For-sale signs litter front yards, and the local paper is fat with ads for homes.

The community of about 150,000 is a prime example of an overlooked phenomenon in America's overheated housing market: While demand for homes has nose-dived from Florida to California, some smaller metropolitan pockets continue to thrive.

Sleepy towns like Salem, Ore.; Wenatchee, Wash.; and Provo-Orem, Utah, may lack glamour, but they are among the few places in America where housing prices are growing at double-digit rates, according to a recent federal study.

Experts say population growth and job growth are one reason. Local factors — like proximity to ski slopes, mountain bike trails or nearby cities — are also helping some Western markets escape one of the worst U.S. housing downturns in years. And most of these small- to mid-size cities were not a part of the original housing boom and speculation that followed, so many of them are still playing catch-up.

"The Pacific Northwest was a little bit late coming to the party," said Andrew Leventis, an economist with a federal housing agency. "The extreme appreciation over the past five or six years in the country only just began in the Northwest a few years ago."

In Wenatchee, a 30,000-resident town east of the Cascade Mountains, homes appreciated an average of 25 percent between the first quarter of 2006 and the first quarter of 2007, according to a recent study by the Office of Federal Housing Enterprise Oversight.

Bob Seltzer, a local real estate agent, said the boom there is being fueled by an influx of retirees from rain-plagued Seattle who are looking for warmer weather.

"The economy here does not support high-paying jobs," said Seltzer. But "people can come from Seattle and buy an equivalent house for half the price."

But it is not just the Pacific Northwest that is seeing double-digit home appreciation. While some of the worst-hit housing markets include cities in California, Nevada and Arizona, many of the remaining strong markets are also clustered west of the Rocky Mountains.

Fifteen out of 20 metropolitan areas with the highest rates of home appreciation in America were in Washington, Idaho, Utah, Oregon, Colorado or New Mexico, according to the federal study, which looked at markets with at least 15,000 transactions over the last 10 years.

Between the first quarters of 2006 and 2007, homes in Salem appreciated 13.4 percent, 14.5 in Boise City-Nampa, Idaho, and 16.8 percent in Grand Junction, Colo.

Nationwide, house prices, based on sales and refinancing data, rose only 0.5 percent the first quarter of this year above the fourth quarter of last year — the lowest rate in the past decade, according to the federal study. Meanwhile, Oregon had 10.77 percent growth in home price appreciation over the past year.

> "Our corner of the world has really held up pretty well. ... We didn't have the kind of speculation you saw elsewhere."
>
> **JOHN MITCHELL**, U.S. BANCORP

"Our corner of the world has really held up pretty well," said John Mitchell, an economist for U.S. Bancorp, based in Portland, Ore. "We've got very strong population growth, we've got good employment growth and we didn't have the kind of speculation you saw elsewhere."

Still, some observers caution smaller Western markets are far from immune to the same forces that have tanked housing markets across the country.

"It's pretty plain to me that the same patterns that have played out in all these other inflated markets are playing out in the Northwest," said Ben Jones, a consultant who runs http://www.thehousingbubbleblog.com. "It's almost unavoidable. [Builders] are going to continue to build until there is no longer any profit in it." AARON CLARK (AP)

LOOK out

Alternatives to Cool

Food

Popular drinks from the Middle East are a summertime treat

Hoping to beat the heat with a cool drink? For real refreshment, skip the soda and think yogurt or rosewater. Maybe even a cup of piping-hot tea.

Westerners, always looking for the next big thing in beverages, could probably take a lesson from the Middle East. With summer temperatures from Tehran to Cairo reaching well into the triple digits, the art of the cooling drink is a source of pride — and self-preservation — in many Middle Eastern homes.

In Iran, a sweet-and-sour syrup made with vinegar, sugar and fresh mint is mixed with water and grated cucumber, then served over ice. The result is a crunchy, refreshing beverage — and as many Iranian mothers have told their Iranian-American children: Before there was Sprite, there was sekanjebin.

LARRY CROWE/AP

The refreshing yogurt drink Dugh is a favorite in Iran during the summer months.

Chilled, savory yogurt drinks also are popular throughout the Middle East.

"Nothing beats a wonderful cold yogurt soup, an abdugh khiar, served with fresh herbs, cucumbers, raisins, nuts, rose petals and some ice cubes floating around in it," saidNajmieh Batmanglij, an Iranian food writer.

> "Offering hot tea is a very Persian form of hospitality. It is believed that drinking hot tea in the summer has a cooling effect."
>
> **NAJMIEH BATMANGLIJ**, FOOD WRITER

Middle Eastern beverage traditions have their roots in a culture of hospitality. Many devout Muslims believe they must never let a thirsty person pass their door without offering them water.

"Even in the olden days, in Kuwait and the Gulf States they would always have some cool water for passers-by that they kept in big clay pots at the gates of their houses," said May Bsisu, a food author.

Many Middle Easterners also believe their cuisines capitalize on an age-old culinary alchemy designed to beat the heat.

"Offering hot tea with sweets to guests, without asking, is a very Persian form of hospitality," Batmanglij said. "It is believed that drinking hot tea in the summer has a cooling effect."

Hot teas, brewed with mint or cardamom or other aromatics, are consumed year round in the Middle East, and many believe this is the best way to stay cool and hydrated during the hot summer months.

"Nobody would think that hot tea will cool you down, but it does," Bsisu said.

But Western food scientists say that commonly held belief doesn't hold water — or tea.

"I'm aware of the lore around drinking something hot when it's hot out and how that is supposed to cool you," saidJennifer Sacheck, an assistant professor of nutrition at Tufts' Friedman School of Nutrition.

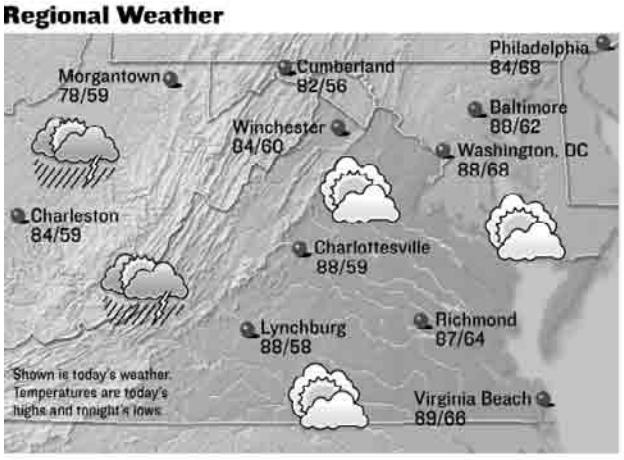
"But, in reality, the body is not going to be able to counteract the amount of heat that you drink and take in through sweating," Sacheck says. "It has a lot to do with the placebo effect: If people believe it makes them feel good, it catches on and becomes lore."

SHAYA TAYEFE MOHAJER (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny	Partly cloudy	Partly cloudy	Partly sunny	An afternoon thunderstorm possible	Partly sunny, a thunderstorm, humid
88°	68°	87° / 70°	86° / 72°	88° / 72°	89° / 72°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	85°
Low	69°
Normal high	89°
Normal low	71°
Average humidity	40%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	1.33"
Normal month to date	2.71"
Year to date	16.50"
Last year to date	28.65"
Normal year to date	21.87"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

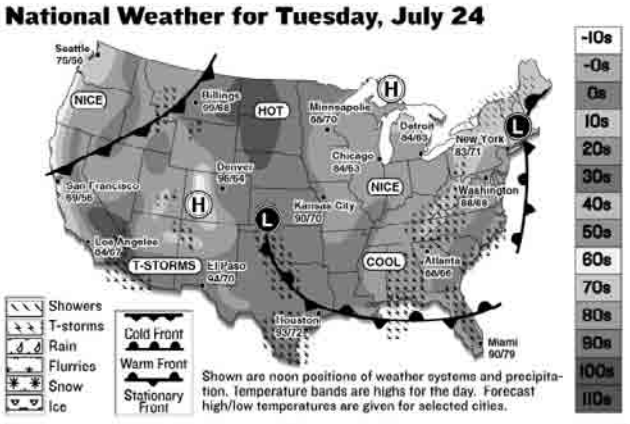
D.C. Metro: Partly sunny. High 88. Wind southwest 6-12 mph. Partly cloudy tonight. Wind south 4-8 mph. Partly sunny Wednesday. High 87.

Sun and Moon

Sunrise today	6:02 a.m.
Sunset tonight	8:27 p.m.
Moonrise today	4:14 p.m.
Moonset today	12:54 a.m.

Full	Last	New	First
July 29	Aug 5	Aug 12	Aug 20

National Weather for Tuesday, July 24



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	88/66/t	85/69/t
Boston	78/67/pc	86/68/pc
Chicago	84/63/s	88/64/pc
Dallas	93/73/pc	93/73/pc
Denver	96/64/pc	97/62/pc
Honolulu	89/75/s	91/76/s
Los Angeles	84/67/pc	84/67/pc
Miami	90/79/t	90/78/t
New York City	83/71/pc	88/74/pc
Orlando	90/73/t	92/74/t
Seattle	75/56/pc	80/56/s

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	66/55/sh	70/61/pc
Athens	99/79/s	100/79/s
Berlin	72/55/sh	68/54/pc
Buenos Aires	50/34/pc	52/37/pc
Calgary	72/50/pc	79/50/s
Dublin	66/57/pc	66/55/sh
Geneva	66/50/sh	75/54/s
Moscow	79/59/pc	72/57/t
Rome	88/66/s	86/64/s
Sydney	66/48/pc	66/49/pc
Tokyo	79/70/pc	78/73/c

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

I, FOR ONE, WELCOME OUR NEW ANIMATED OVERLORDS: The Simpsons, plus Linda Evangelista, continue their domination of all media in August's "Harper's Bazaar."

Homer Goes Haute

Springfield's favorite family on the big screen and runway

Send Marge Simpson to Paris and she really lets her hair down!

Marge and her family take France and the fashion world by storm in the August issue of Harper's Bazaar in a cartoon spread that transforms the less-than-chic suburban family into pictures of urban sophistication.

Supermodel Linda Evangelista — or at least her Simpsonized alter ego with wide eyes and a dark angular haircut — serves as their tour guide, taking the Simpsons into the ateliers of Donatella Versace, Karl Lagerfeld of Chanel and Alber Elbaz of Lanvin, among others.

After all, they do need to ramp up their glam factor as Marge, Homer, Bart, Lisa and the gang get ready for their big-screen debut in "The Simpsons Movie," which opens Friday.

Illustrator Julius Preite drew Evangelista, a chameleon of hairstyles, with the dark bob for which she's best known.

More importantly, she said, Preite gave her luscious lips, something most women on "The Simpsons" don't get.

Evangelista also said she likes most of the outfits worn by both herself and her cartoon friends. In real life, she has the round-toe Lanvin shoes she's pictured in and she already modeled the double-breasted Jean Paul Gaultier coat for an upcoming Neiman Marcus campaign.

Laura Brown, director of articles and special projects at Bazaar, said the scenes feature real styles straight from the catwalk that will be offered as part of the designers' fall collections.

> "I think Marge is quite daring. I'm loving her in the evening looks."
>
> **LINDA EVANGELISTA**, MODEL

Brown said she was particularly impressed with Preite's replication of a Chanel dress that's accented with feathers. In that same illustration, Homer copies Lagerfeld's signature black-and-white look, right down to the leather driving gloves.

"I think Karl will be flattered even if he doesn't admit it," Evangelista predicted.

Brown noted that great care was taken to include Marc Jacobs' earring and stubble and to make sure Albaz's eyeglasses were just the right width.

"The designers we've heard back from have asked for framed prints," Brown said. "Who doesn't want to be Simpsonized?"

If she were given the chance to take a real family like the Simpsons to Paris, Evangelista would make stops at the shopping district of Avenue Montaigne, the giant Louis Vuitton store on the Champs-Elysees and the very cool Colette boutique.

But she wouldn't try to change Homer's style. "My tip for Homer is he doesn't need to change. It's OK — fashion isn't for everyone."

SAMANTHA CRITCHELL (AP)

Beauty

Too Little, Too Late

The new Acne Solutions 3-Step skin care from **CLINIQUE** ($32.50, clinique.com) is most notable for what it doesn't have and what it doesn't do. While blemishes along the jawline began to fade after a few days of the cleanser-toner-moisturizer routine, what we really missed was a spot treatment that could take on Pimplor the Gigantic PMS Zit. Also, smaller flaws like blackheads and enlarged pores still hung around. If pimples are your problem, this will help. But if it's anything else, you're on your own.

KRISTEN PAGE-KIRBY (EXPRESS)

Beauty

After-June Delight

Addicted to floral scents? Just feel feminine when you smell like a garden club is having a meeting on your pulse points? Perhaps it's time to expand your horizons with the new **ESTÉE LAUDER PLEASURES DELIGHT** ($45, Nordstrom). There's a heavy flowery undercurrent, but it's cut with a little bit of fruit and a good hit of spice. While the brand's fragrances often strike us as old, this one manages to be a bit more contemporary while still maintaining its old-school charm. It's also slightly heavy, so it should transition nicely into fall. K.P.K.

Look out Online

readexpress.com

site specifics

EATING AROUND

Altered Brews

Standard summer drinks are often considered girly. Margaritas, daiquiris or any concoction sporting an umbrella could be seen as embarrassing for the person caught sipping it. Express contributor Jamie R. Liu explores a less froufrou form of alcohol refreshment: beer cocktails. | ONLINE NOW

OUT & ABOUT

Warm-Up Restaurant Week

Local foodies in the know are well aware that the District is not the only city in the area with a tremendous restaurant tradition. The Bethesda-Chevy Chase Restaurant Week runs through Sunday and is aiming at diners looking for new tastes. Michael Grass has a preview. | ONLINE NOW

FREE RIDE

Stiff Replacement

Northwest D.C. residents might remember Ron Miller, better known as "Compliment Man" for his uplifting offerings to sidewalk passers-by a few years back. Now the compliments have returned, courtesy of a machine created by artist Tom Greaves. But can an automation really replace the original? | ONLINE NOW

comment board

"**If the job** of fighting/eliminating al-Qaeda was done correctly and thoroughly in the first place, we wouldn't be in this mess."

AN ANONYMOUS COMMENTER, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "SHOULD THE U.S. USE FORCE AGAINST SUSPECTED AL-QAEDA HIDEOUTS IN PAKISTAN?"

"**Finally!** We are getting back on the right path toward winning the war against al-Qaeda."

AN ANONYMOUS COMMENTER, WHO ADDED, "HOWEVER, I DO NOT BELIEVE WE WILL BE SUCCESSFUL WITH BUSH, CHENEY AND COMPANY IN CHARGE."

"**How do you figure** Pakistan is on our side? Can they be our ally when they're providing asylum to our public enemy No. 1? If al-Qaeda were hiding in the Scottish highlands or the Alps, do you think those countries would hesitate to let us go in after them?"

COMMENTER EED017, WHO ADDED, "[WHAT HAPPENED TO] 'ANY COUNTRY HARBORING THE ENEMY WOULD BE TREATED AS THE ENEMY'?"

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

SHOULD THE U.S. USE FORCE AGAINST SUSPECTED AL-QAEDA HIDEOUTS IN PAKISTAN?

YES 62% | **NO** 38%

SEE HOW YOUR METRO STATION VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**

Blog LOG

"Many women of D.C.'s socialite crowd have crossed the cougar Rubicon yet stubbornly refuse to give up their lifestyle."

ROISSY.WORDPRESS.COM DISSECTS THAT CLASS OF OLDER WOMEN KNOWN AS "COUGARS," WHO TRY TO PURSUE MEN WITH THE SAME INTENSITY AS THEIR YOUNGER COUNTERPARTS.

ALEX WONG/GETTY IMAGES

"[White House counsel Fred] Fielding's move suggests that Bush and Cheney just want to 'bring it on.'"

FIREDOGLAKE.COM REACTS TO FIELDING'S RESPONSE TO THE HOUSE JUDICIARY COMMITTEE THAT FORMER AND CURRENT TOP WHITE HOUSE AIDES ARE IMMUNE TO CONGRESSIONAL SUBPOENAS.

"AT THE RATE she's going, she won't even really have to worry about winning over her old fans, because she'll make brand-new ones — one poor, unsuspecting soul at a time."

SOCIALITELIFE.COM RELAYS A RUMOR THAT BRITNEY SPEARS IS PREGNANT AGAIN.

"THANK YOU, Franklin Roosevelt, for this ridiculous situation. And thank you, Incumbistan congressmen, for being too cowardly to rein in this program. You might not achieve that 98 percent re-election rate if you tick off farmers. Even dead farmers."

BLOGS.DAILYMAIL.COM/DONSURBER REACTS TO A WASHINGTON POST REPORT THAT THE AGRICULTURE DEPARTMENT PAID OUT SUBSIDIES TO DEAD FARMERS FROM 1999 TO 2005.

"REGULAR PEOPLE look bad in these fashions and do not want to purchase cheap Wal-Mart versions of them. People want to buy socks at Wal-Mart. Big bags of socks."

CONSUMERIST.COM ON THE RESIGNATION OF WAL-MART'S APPAREL CHIEF, WHO TRIED TO INTRODUCE SUCH FASHIONABLE WARES AS SKINNY JEANS AND TO THE STORE.

Discussions

Dr. Gridlock

DR. GRIDLOCK was online Monday and talked about the best ways to navigate the D.C.-metro region.

I'm driving to New York this weekend, and I'm concerned about getting stuck in Delaware. Where exactly is the area to avoid?

Among I-95 drivers, there's little love lost on Delaware. It's not just the main north-south route for us long-distance travelers. It's also the Main Street for local motorists. Last year, there was a bridge reconstruction project that narrowed the interstate to two lanes. This year, it seems to be the reconstruction of a couple of toll lanes at the plaza on the western side of the state. As I recall, that's a problem for those in the southbound lanes. There are routes around this, but the best solution is to travel very early or very late.

I'm about to start a commute from Arlington to downtown Leesburg. What's the best way to go??

First off, I'm thinking that 66 to 28 to 7 is no miracle. Route 28, the major north-south route that runs along the eastern side of Dulles Airport, has undergone some tremendous improvements in the past few years, with more to come, but delays can still be extensive. And drivers are always telling me about the traffic light delays on Route 7.

Regarding the Virginia "abuser fee" fiasco: I would love to see The Post do some polling to find out whether there is any support at all for draconian laws and fines for speeding.

When I look at this list of fees, I note that they are assessed on people guilty of misdemeanors or felonies. These are not your typical traffic tickets.

TODAY ON DISCUSSIONS: Catch up with Bret Michaels, from '80s metal hair band Poison and now star of VH1's "Rock of Love" at noon. | **washingtonpost.com/discussions.**

DO

GET OUT TO REDSKINS TRAINING CAMP. Players reports to Redskins Park on Friday. The first of two Fan Appreciation Days is Sunday. Go to www.redskins.com for more details. Mental note: absolutely no paintball jokes should be made about first-round draft pick Laron Landry.

Look out

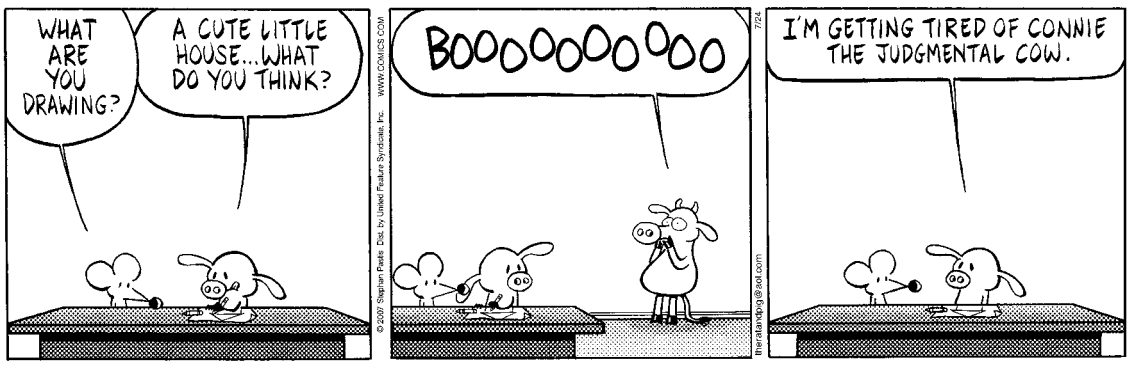
Bizarro | *Dan Piraro*

Cornered | *Mike Baldwin*

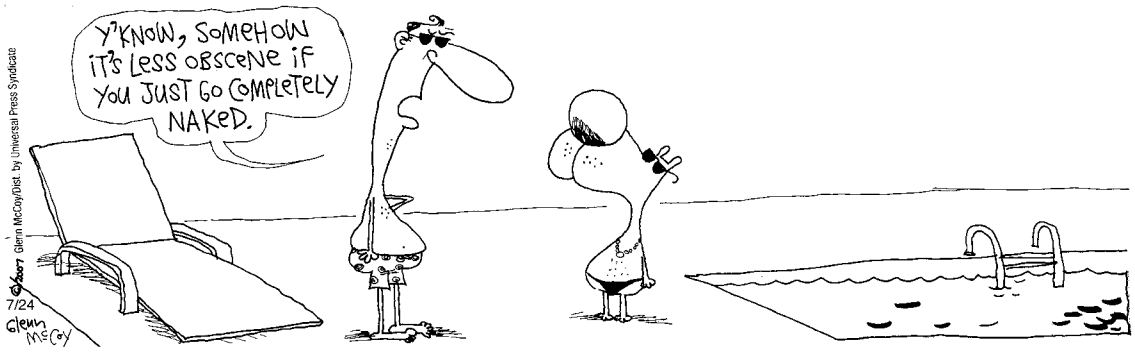
"If you're out of quarterly earnings, I'll take the assets and liabilities breakdown."

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*



Horoscope

By Stella Wilder

LEO (July 23-Aug. 22) Be careful not to lecture others too much. You may find you can get much further with more carefully chosen words.

VIRGO (Aug. 23-Sept. 22) Someone needs your help with something work-related. Roll up your sleeves and dive right in; you have a lot to offer.

LIBRA (Sept. 23-Oct. 22) Though it is in your nature to avoid rudeness in all situations, this may present a challenge. Speak your mind, but avoid anger.

SCORPIO (Oct. 23-Nov. 21) Be careful what you say to people; misunderstanding can lead to trouble — and you may not even be aware of it until it is too late.

SAGITTARIUS (Nov. 22-Dec. 21) You may feel like jumping into something new with reckless abandon. It would be best to weigh options and make a careful choice.

CAPRICORN (Dec. 22-Jan. 19) You are able to respect authority without feeling threatened, and this can pay off handsomely for you — and will be noted.

AQUARIUS (Jan. 20-Feb. 18) Others may feel threatened by your outgoing nature and your willingness to get along with the world at large. Don't let them get you down.

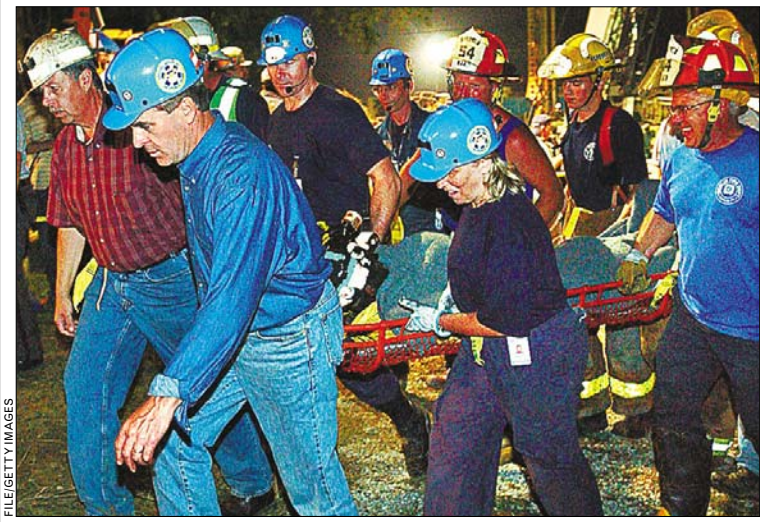
PISCES (Feb. 19-March 20) You have a great desire to see the world through rose-colored glasses. However, you may get a healthy dose of reality.

ARIES (March 21-April 19) Be careful not to let your instincts for self-sufficiency hurt someone else's feelings. He or she is trying to do something nice for you.

TAURUS (April 20-May 20) Once your mind is set on something, nothing in the world can make you budge. Try, however, to give a little; it's in your best interest.

GEMINI (May 21-June 20) Make sure you get enough sleep. It will be impossible for you to accomplish all you have to do without the proper rest.

CANCER (June 21-July 22) You may have a tendency to be crabby and unreasonable with those around you. Remember it is nothing but a mood swing; it will pass.



FILE/GETTY IMAGES

Days after being trapped, miners in western Pennsylvania were rescued in 2002.

Today in History

1783 Latin American revolutionary Simon Bolivar is born in Caracas, Venezuela.

1847 Mormon leader Brigham Young and his followers arrive in the Great Salt Lake Valley in present-day Utah.

1959 During a visit to Moscow, Vice President Richard M. Nixon engages in a "Kitchen Debate" with Soviet leader Nikita Khrushchev on the merits of their countries' political-economic systems at a U.S. exhibition.

1974 The Supreme Court unanimously rules that President Nixon has to turn over subpoenaed White House tape recordings to the Watergate special prosecutor.

2002 Nine coal miners are trapped in a flooded mine in western Pennsylvania; the story ended happily three days later with the rescue of all nine of them.

PostPoints DAILY CODE GS

Look out | People

RENE MACURA/AP

"Let's hang out only with other stars!"

SHINDIGS

Celebrities Fete the Arrival Of More Celebrities in L.A.

A glittery array of luminaries turned out Sunday for the official welcome-to-Los Angeles party for international soccer icon **DAVID BECKHAM** and his wife, **VICTORIA**. Tom Cruise and Will Smith co-hosted the invitation-only bash at the Museum of Contemporary Art's Geffen Contemporary gallery. (AP)

BROADCAST NEWS

Following Soledad O'Brien's Footsteps? Not a Good Call

CNN said Monday that it has hired anchor **CAMPBELL BROWN** of NBC News, one day after she announced on "Weekend Today" that she would be leaving as host. CNN did not immediately say what Brown would be doing. There has been widespread speculation about a prime-time shake-up at CNN, where Paula Zahn has been lagging in the ratings. Brown, 39, had been co-host of "Weekend Today" since 2003. (AP)

ALBERTO E. RODRIGUEZ/GETTY IMAGES

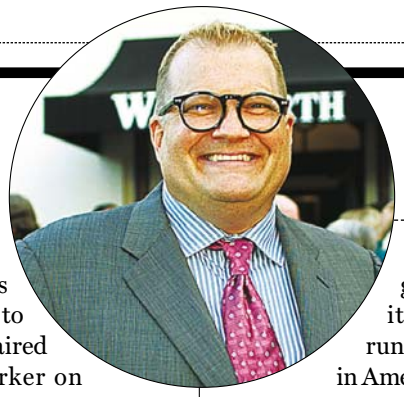
BIRTHDAYS

He's Legal, Ladies

Media reports of "Harry Potter" star **DANIEL RADCLIFFE** gaining access to huge amounts of cash when he turned 18 Monday were overblown, his publicist's office said. "It's not a big deal today," said a woman who answered the phone at the office of Radcliffe's publicist. She refused to elaborate, saying Radcliffe's finances — and birthday party — were a personal matter. (AP)

COME ON DOWN

Carey Feigns Excitement At a Lifetime Of Plinko



He's already had surgery to get a perma-smile.

DREW CAREY was tapped Monday to replace silver-haired legend Bob Barker on the CBS daytime game show "The Price Is Right." The deal was set shortly before a taping of CBS' "Late Show With David Letterman," on which he confirmed it. "I realize what a big responsibility this is," he said. "It's only a game show, but it's the longest-running game show in American television, and I plan to keep it that way." When asked whether he found the prospect daunting, Carey recalled talking to a friend who told him, " As long as Bob Barker is cool with it, the fans will be cool with it." (AP)

WHO??

Sounds Like Hit Material

MINDY MCCREADY is free on $1,000 bond after a weekend arrest on misdemeanor charges that she scratched her mother on the face during a scuffle and resisted sheriff's deputies, authorities said. McCready's mother called police after 1 a.m. Saturday to report the 31-year-old country singer was intoxicated and causing a disturbance. McCready had a hit in 1996 with "Guys Do It All the Time" but has struggled recently. (AP)

CLICHES

Media Just Never Report On Law-Abiding Rappers

JA RULE and **LIL' WAYNE** have been arrested and charged with criminal possession of a weapon in separate incidents, police said. The best-selling rappers were arrested Sunday night shortly after Lil' Wayne's concert in New York. Officers spotted Lil' Wayne, who is really named Dwayne Carter, smoking marijuana at 11:30 p.m. and found a .40-caliber pistol. An hour earlier, Ja Rule, whose real name is Jeff Atkins, had been seen in a car driving too fast. A .40-caliber gun was in the vehicle. (AP)

MATT SAYLES/AP

"It's been my dream since childhood to embody the stereotype of a rapper."

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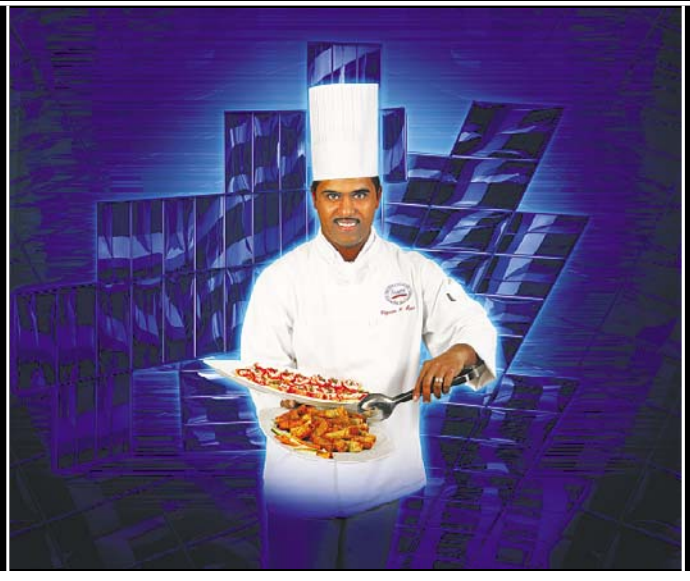
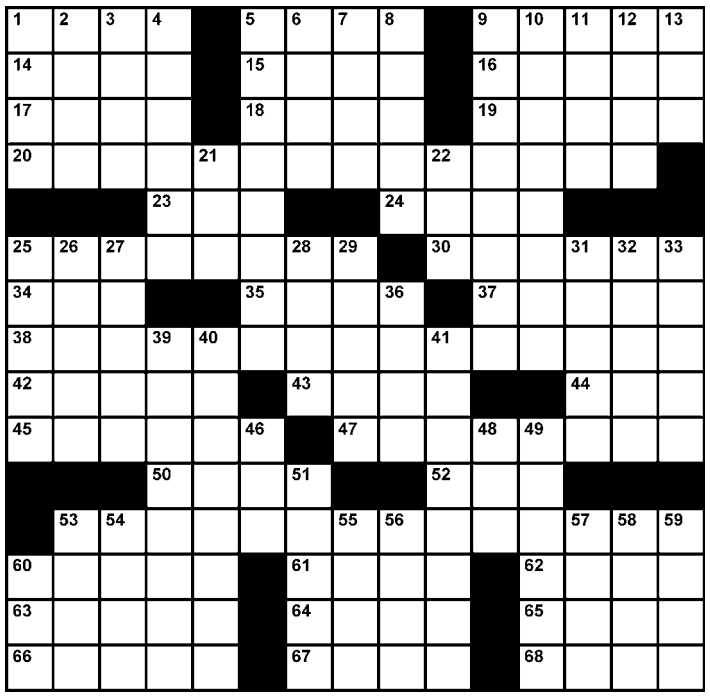


School of Culinary Arts and Hospitality

LOOK out

CROSSWORD | WHERE?

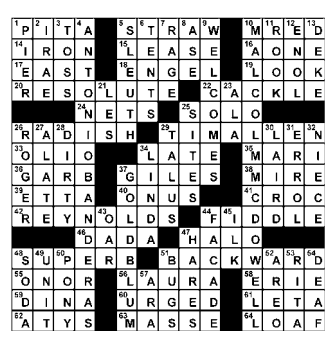
EDITED BY TIMOTHY E. PARKER



ACROSS
1 "Me oh my"
5 Defense grp. that includes the U.S.
9 Inflict a heavy blow on
14 Hollywood Blvd. crosser
15 Gossip topic
16 Office copier need
17 Mashie or niblick
18 Horror film feature
19 Management course subject?
20 Night application, for some
23 Be decisive
24 Suspect's demand (Abbr.)
25 Exhausting, hectic routines
30 Betty or Barney, of cartoons
34 A quarter of four
35 Let go from the job
37 Respiratory noises
38 Illusionist's feat
42 Kate's sitcom partner
43 Used a firehouse pole
44 Feminine subject
45 Close by
47 Woodworker's worry
50 Work as a barker
52 Brian of the original Roxy Music
53 Auction-ending statement
60 "Lemon Tree" singer Lopez
61 Ultimatum conclusion
62 Western writer Zane
63 Daniel follower, in the Bible
64 Deadly septet
65 "It's clear to me now"
66 Washstand containers
67 Barney fans
68 Silent bids

DOWN
1 Tel ___-Jaffa
2 Coin no longer minted
3 Prolific poet?
4 Year on campus
5 Romantic evening extender
6 "Yours," to the French
7 Gull relative
8 "The ___ Man" (Heston film)
9 Bravura performance
10 Wells Fargo pickup
11 Swenson of "Benson"
12 Rain, but good
13 Behave humanly?
21 Masseuse employer
22 Basketball pos.
25 1956 movie monster
26 Foolishly old-womanish
27 Electrical pioneer Nikola
28 They're no longer together
29 Navy elite
31 Criticize in no uncertain terms
32 Cafe con ___ (coffee with milk)
33 Acid-alcohol compound
36 Icicle starter
39 People can get quite high on it
40 Funnel-shaped flowers
41 Inaction
46 URL ending, sometimes
48 End for "end"
49 Bean or noodle
51 Cast off from the body
53 Mushroom
54 Seine feeder
55 Hodgepodge
56 Does not exist
57 Words of approximation
58 Can't live without
59 Head set?
60 Not just any

Yesterday's Solution



SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

		6				3		
9		3		8				1
				7		8	2	
4		9					3	
			9		7			
	6					9		5
	2	7		9				
5				6		1		3
		4				7		

Yesterday's Solution

4	9	7	5	8	6	2	1	3
1	6	2	7	4	3	8	5	9
3	5	8	9	2	1	6	4	7
2	8	4	1	3	5	7	9	6
9	3	1	8	6	7	4	2	5
6	7	5	2	9	4	3	8	1
7	4	9	3	5	2	1	6	8
5	2	3	6	1	8	9	7	4
8	1	6	4	7	9	5	3	2

express

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCAVARO | DEPUTY EDITOR—GREG BARBER ART DIRECTOR—SCOTT MCCARTHY | NEWS EDITOR—MATT SWENSON | ARTS EDITOR—ARION BERGER | FEATURES EDITOR—HOLLY MORRIS SECTION EDITORS—JENNIFER BARGER, KARMAH ELMUSA, VICKY HALLETT, IAN HERBERT, MAUREEN HOCH, KRISTEN PAGE-KIRBY, CHRIS PORTER, DUSTIN WEAVER, DARONA WILLIAMS, CLINTON YATES | WEB EDITOR—MICHAEL GRASS | EDITORIAL DESIGN—MARCIA HARDER, SCOTT ROSENBERG COPY CHIEF—AIMEE GOODWIN | PRODUCTION COORDINATOR—MATTHEW LIDDI | PHOTO ASSISTANT—CHRIS COMBS | PHOTOGRAPHER—MARGE ELY | PUBLISHED BY EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY | TEL: 703-469-2800 | FAX: 703-469-2831 CIRCULATION: 202-334-6992 OR CIRCULATION@READEXPRESS.COM | ADVERTISING: 202-334-6025 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200

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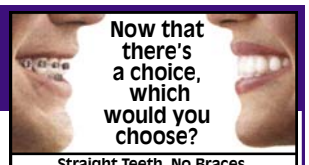

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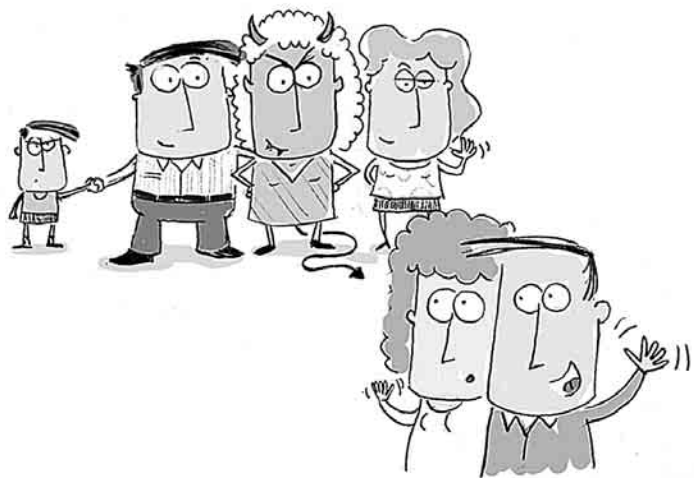
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Handling Mean Moms and Dastardly Dates

Q My boyfriend's mother can be very cruel. It's clear she doesn't approve of my relationship with her son and thinks that I am not as good as his past girlfriend, and she is constantly undercutting me in front of him and his siblings. They live very close by, so I have to see them. I am in love with him, but I do not know how much I can accept always being thought of as second-best. It makes me wonder whether marriage is a good idea.

— ANNOYED GIRLFRIEND



ERIC REECE

Think of it this way — you might not always be thought of as second-best. Perhaps Cruella De Vil will meet a particularly great single woman at the bank and you will get bumped down to third!

This is less about your boyfriend's mother than it is about Romeo himself. A mother who tries to be rude but is quickly cut off by her son is very different from a mother who gets away with constant torment because her son is too scared or apathetic to stick up for his girlfriend. Marriage will only accentuate the differences between these scenarios: a lifetime of feeling emotionally stepped on, without support, versus the relatively minor nuisance of a few annoying comments that you and your husband can laugh about afterward. Let your boyfriend know how his mother's making you feel. If he can't or won't get it, then you'll know where the real problem is.

Q I have been accused of "stalking" a guy I went on a few dates with just because I happened to e-mail him a few more times than he e-mailed me. Through mutual friends, I have found out that he has been making a big joke of it and calling me "psycho." I am pretty humiliated. I am wondering how to deal with this and whether I should confront this guy. — FRUSTRATED IN VA.

Well, you had me until the whole "confront this guy" part. Then I heard the sound of my own screaming.

I agree with you that people misuse the words "stalk" and "psycho" almost as often as the wretchedly clichéd "train wreck." And, no doubt, the guy you went out with is not going to win any awards for chivalry. It's for exactly that reason, though, that you need not give him what he'll think of as more justification to be judgmental about you.

A "confrontation" only brings to mind trashy "Jerry Springer" episodes (Are there any other kind?), and I'm doubtful that it will accomplish anything. Instead of changing his mind and deciding that he misjudged you, he'll probably become even more painfully smug. Best to have the final word by not having words at all.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.

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Lean Back, Don't Relax

LANCE ARMSTRONG WANNABES with bad backs don't have to wince while watching the final days of the Tour de France. Instead, they can fantasize about the Silvio, a new recumbent racing bike ($2,195, cruzbike.com). The seat lets riders settle into a comfy pose, but they are still going to get the workout of a traditional cycle. And unlike other recumbent bikes that make it impossible to turn around to check out the rear view, the Silvio is more elevated to help riders survey the nearby territory. Enjoy the ride — no doping needed.

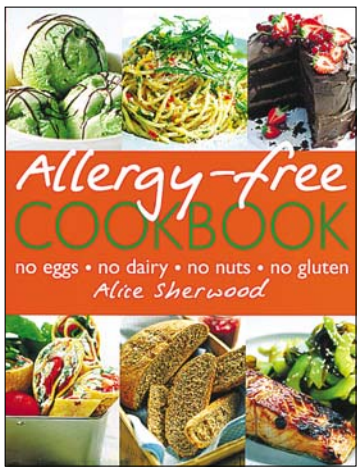
NEW IN HEALTH **warm ups**

Mousse for After Dessert

WHAT'S KIND OF LIKE whipped cream crossed with moisturizer? It's Intimate Options from Replens Mousse ($13, drugstore.com). Women have complained that traditional lube is too drippy, messy and cold. This is none of those things — it's foamy, rubs right into skin (leaving it soft) and is a neutral temperature. What gals (and guys) might not like is that, in the words of one tester, "It's not very slick." You might slip, but you won't really slide.

No EpiPens Needed

KILLER PEANUTS, tummy-upsetting cheese and bloat-inducing wheat don't find their way into the healthful-yet-delish sounding recipes in "Allergy-Free Cookbook" by Alice Sherwood ($25, DK). Both kid- and dinner party-friendly fare aimed at folks with food intolerances ranges from soy-yogurt powered spinach lamb curry to dairy-, nut- and egg-free vanilla cupcakes (also available with gluten-free substitutions). We only wish the author's son, whose nut and egg issues inspired his mother to pen this tome, didn't look so glum and sickly in an opening chapter on living with food allergies.



Is the Water Magical?

CHUGGING DOWN BOTTLED WATER imported from France might taste good while keeping you hydrated, but it's not so hot for the environment. And why bother with the Euro stuff when Virginia's Shenandoah Valley has a superior source of water thought to have "mystical healing powers"? Seawright Springs is now available in bottled form at area Whole Foods and My Organic Markets. If you crack open a bottle, you'll taste a beverage that's thicker than your usual H2O and contains more minerals.

PRODUCTS

GuineaPig

Weight Up!

HULKING RODS OF METAL with black disks on the ends aren't fun at all. Mini Contour-Weights (spriproducts.com), on the other hand, could be a children's toy. They're bean bag-y! The attached elastic straps let you bounce them around in your hand! You can throw them at your siblings! But for grown-ups, the appeal of the cylinders is that they come wrapped in smooth neoprene. They're easy to grab and even slip on over a shoe if you want to use them while you walk. They're discreet and skinny enough that you could stash them under your couch. And, of course, they're just as effective as pumping up your muscles as the traditional weights you see in the gym. The one problem is that they're available only in weights up to five pounds, so you're not going to turn into a bodybuilder with these bad boys. But our weight lifting-averse testers actually picked up these ones. VICKY HALLETT (EXPRESS)

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Need for Speed

Q What is the difference in terms of number of calories burned, effect on the body, etc., between, say, running 4.5 miles in 45 minutes (10-minute miles) or running the same distance in a greater amount of time (55 to 60 minutes)? — AMY

There is a line of thinking that no matter how you move your body for a mile, you burn 100 calories. It's so simple, so easy to believe and so totally wrong. The number of calories burned depends on the weight of the person running, the terrain and, yes, speed, says Jenny Hadfield, a columnist for Health Magazine and co-author of the new book "Running for Mortals." She makes an analogy to driving: "In a car, to save fuel, you drive slower." The same principle applies with human bodies, so covering that 4.5 miles at an easy pace will burn fewer calories than going the same distance faster. But fast or slow, you're benefiting by improving your bone density, heart health, endurance and strength.

With running, though, you're also putting yourself at risk for injuries than can come with repetitive pounding. If your pace is under 5 mph, Mark Fenton, author of "The Complete Guide to Walking," thinks you might be better off switching from a slow jog to a quick walk. The calorie burn is about the same, but the impact on the body is less.

Just remember that running will burn through more calories in less time, but slow jogging and brisk walking are nothing to sniff: If you weigh about 150 pounds, you can burn 100 calories a mile that way.

Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at fitness@washpost.com.

KATIE ABERBACH

SAIL SAFE: Harry Legum watches as Jahn Tihansky practices "hiking" by letting his caboose hang while gripping a pulley.

Rocking the Boat

Sailors need to sweat it out to rule the high seas

It's a breezy afternoon in Annapolis, and elite sailor Jahn Tihansky is preparing for an upcoming world championship regatta — indoors and sans sailboat.

To pump up his sea legs (and arms), Tihansky turns to Annapolis Sailing Fitness (Eastport Yacht Center, 726 Second St., 410-570-6121, annapolissailingfitness.com), a gym catering to the not-so-ancient mariner set. "You do perform better if you're fit," Tihansky says between bicep curls and tricep push-downs.

Sailors may not seem like a hard-bodied bunch, but racers can reap immense benefits from workouts like those developed by Harry Legum, Tihansky's trainer. Legum, who owns Annapolis Sailing Fitness, works one with about 30 clients in regular one-on-one sessions and numerous others in local groups and around the world (through Web consultations). Among his clientele: America's Cup competitor Terry Hutchinson, Olympic hopeful Geoff Ewenson and U.S. Naval Academy teams.

Legum, 42, had worked as a personal trainer for 16 years at an Annapolis gym, where he often coached competitive sailors. Four years ago, he cast off into business for himself. A handful of folks who pictured sailors as clubby gentlemen were puzzled by the concept. But mostly, Legum says, the reaction "was all, 'God, that sounds like a great idea.' [Sailors] knew there were some ideas out there on how to [train to] be a better sailor, but nothing was ever really put together."

As a pioneer in personal training tailored to sailors, Legum drew on his background as a longtime seafarer to put together workouts that target the core and enhance balance and agility. Any sailor can benefit from the regimen, he says, since even casual sailors need speedy footwork for basic moves like tacking (changing the boat's course).

Training sessions are customized to fit each boater's needs and functions on the water. But they usually incorporate a few exercises and pieces of equipment that mimic the sailing experience.

All sailors could use speedier footwork for basic moves.

One move replicates "hiking," a virtual requirement on relatively small boats (sailed by just one person or a few people). Sailors must balance leaning boats with their own bodies by sitting or standing perpendicular to the sail (or dangling their derrieres over the higher side of the boat). Hiking can be a killer workout in itself, but Legum brings the task ashore. He has students prop themselves on a wooden hiking bench, secure their feet under a fabric strap, and scoot off the edge of the bench. Balancing in that position, sailors lift free weights or tug on a weighted pulley to feel the burn in their quads, abs and arms.

Another exercise, designed to help those on larger boat crews who use a crank to coil rope and adjust the amount of wind in a sail, involves holding a weighted bar vertically and turning it slowly in circles. It looks a little like stirring a cauldron.

Tihansky, whose circuit often incorporates both moves, says his thrice-weekly sessions help him keep up as director of the U.S. Naval Academy's varsity offshore sailing team. "I love to be able to push them because they know I can do what I'm telling them to do," he says. Plus, Tihansky says he's convinced that more than three years of sailing fitness workouts have improved his performance on the water. "I'm 45 now, and I'm in better shape than I was when I was 25," he boasts.

KATIE ABERBACH

SAIL OF TWO CITIES

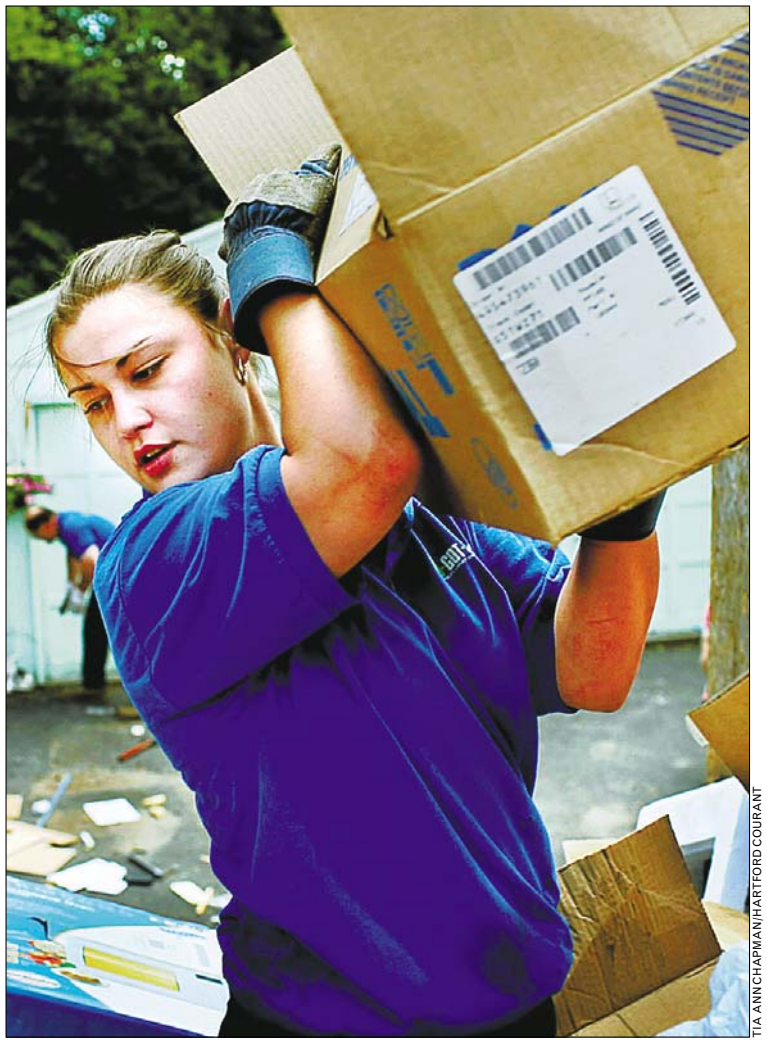
You have to learn how to sail before you'll need Legum's services (which cost $80 to $150 per session).

- Washington Sailing Marina (1 Marina Dr., Alexandria, 703-548-9027, washingtonsailingmarina.com)
- Mariner Sailing School (Belle Haven Marina, Alexandria, 703-768-0018, saildc.com)
- Annapolis Sailing School (7001 Bembe Beach Rd., Annapolis, 800-638-9192, annapolissailing.com)
- Chesapeake Sailing School (7080 Bembe Beach Rd., Annapolis, 800-966-0032, sailingclasses.com)

It's Working Out

The right job bulks your wallet and your body

Nicole Beagle's prom dress is magenta tulle with spaghetti straps and a bodice studded with rhinestones.



TIA ANN CHAPMAN/HARTFORD COURANT

Nicole Beagle has lost 25 pounds since getting into the junk-hauling business.

She hasn't tried it on since 1999, but she plans to wear the dress in August as a bridesmaid.

The only hitch: The energetic 23-year-old grew from a size 5 to a size 11 in the years after her prom night.

But Beagle didn't go on a diet, join a gym or try weight-loss pills to shed the extra pounds. Instead, she got a job.

Four months ago, the East Hartford, Conn., resident started working for the junk removal service 1-800-GOT-JUNK. Since then, she has dropped two dress sizes — and 25 pounds — on her way to fitting into that late-'90s gown.

Hauling junk in the hot sun might have once been the last resort of summer-job seekers who couldn't snag a spot dishing ice cream or guarding swimmers. But as young people become more health-conscious, the fitness perks of such jobs have started to count in their favor.

On a job in South Windsor, Conn., recently, Beagle and her junk-crew partner, Scott Mocek, tackled a pile of unsold goods from a tag sale. Boxes of clothing and kitchenware sailed easily into the back of their truck. Chairs and bureaus posed a bigger challenge. The company charges for junk by volume, so Beagle and Mocek tried to break larger items into smaller, more condensable pieces. One after another, Beagle slammed heavy wooden chairs against the asphalt driveway until the legs and arms broke off.

"It gives me an adrenaline rush and a workout," she said. "It's amazing how many calories you burn just filling up a truck."

Beagle said she previously had trouble fitting workouts into a schedule packed with classes, work and baby-sitting for her young niece. Now, with exercise incorporated into her time on the clock, she can focus on fitness without losing time with her friends or family, she said.

> "It's amazing how many calories you burn filling up a truck."

She still has one dress size to go before she will be able to fit into the prom dress, she said. For now, it is a reminder of her goal.

"I look at it every time I go into the closet," she said.

Beagle is not the only employee to have noticed the fitness boost that comes from hauling junk, said Doug Stoyer, Beagle's employer. Mocek has lost 10 pounds in three months on the job, he said, and Stoyer himself notices a weight loss during the summer months, which are the busiest for his 1-800-GOT-JUNK franchise.

"I can tell by my own waistline what the season is," he said.

Another worker, Jean Francois, took a job with the company to get fit enough to pass the physical exam for prospective firefighters, Stoyer said. Having passed the test last week, Saturday was his last day with 1-800-GOT-JUNK.

Despite its effect on the biceps and waistline, junk removal leaves something to be desired as a full-body workout, Beagle said. Heavy lifting leaves her lower body relatively untoned.

"The thing I still need to be going to the gym for is my legs," she said. JESSICA MARSDEN (THE HARTFORD COURANT)

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Let's Talk About It

■ According to researchers from the University of Sao Paulo in Brazil, men suffering from erectile dysfunction might be able to handle their problems by joining a support group. In five of the trials they studied, guys who were in group therapy were 60 percent less likely to have bedroom troubles than those who went without the treatment.

Hop on the Bus, Gus

■ Taking the bus isn't the sexiest form of transportation, but it's safe. CDC researchers surveyed how modes of travel affected injury and fatality rates on U.S. roads, and found that bus riders accounted for the fewest number of injuries. The most injuries went to folks in cars, vans and light trucks, while the most-fatalities title was reserved for motorcyclists.

Tall Order for Parents

■ Want your offspring to grow up to be an NBA star? Go in vitro! A New Zealand study found that IVF-conceived kiddies between 4 and 10 years of age were a bit taller than their naturally bred schoolmates. Scientists don't think that this will have a negative impact on the children's lives, though.

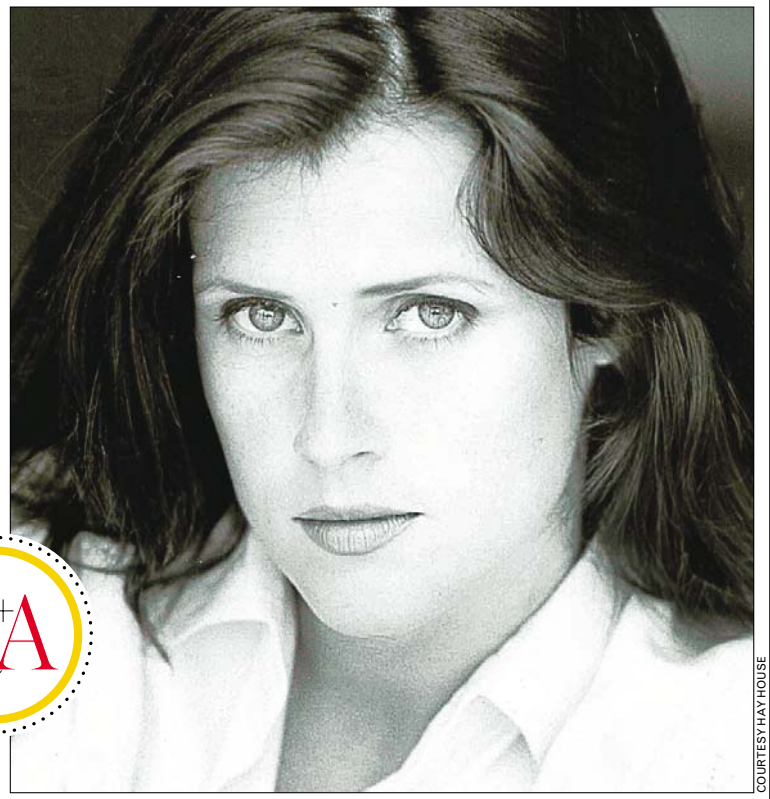
Mad About 'You'

Learn about wellness from Lisa Oz and company

Being hitched to one of the healthiest people in the world would be intimidating — if you weren't Lisa Oz.

Married to Dr. Mehmet Oz, of Oprah and best-selling book fame, Lisa has her own strong views on medicine, which is why she's joining her husband, his frequent collaborator Dr. Michael Roizen and celebrity trainer Joel Harper for the "It's All About You" tour. The all-day workshop lands at the D.C. Convention Center on Saturday (hayhouse.com) with discussions about being a smart patient, how the body works, and diet and exercise. Lisa Oz will be bringing her experience as a Reiki master to give audience members a sense of what they're missing out on by limiting themselves to Western science.

Q+A



COURTESY HAY HOUSE

Lisa Oz recommends coupling Western medicine with Eastern therapies.

What's the best way to get started with Reiki?
Even if you're skeptical of energy, just start with listening to your emotions. Things like getting angry can cause high blood pressure. Some people just sleepwalk through life. They're sleepy in the morning and they have coffee; they feel a headache coming on in the afternoon and they pop a pill. They're not aware of their bodies.

And if they want to learn more?
There are several good books on Reiki now, and that wasn't always true. It's been something that's been passed through an oral tradition. You don't need to take a long course like acupuncture. You can become a Reiki master in three weekends. You're not trying to manipulate anything. You're a facilitator bringing energy from the universe into your patient.

Do you use Reiki on your family?
My daughter had a headache last night and she asked me for it. And when my son broke his arm ice skating in February, he made me do Reiki every night. It had been a big crack, but the doctor couldn't set it immediately because there was too much swelling. When we came back a week later, he did a second X-ray and he was hard-pressed to find the fracture.

> "Some people sleepwalk through life ... not aware of their bodies."

You're also a vegetarian, right?
I've been a vegetarian since I was 15, so, with my family, I don't cook meat at home. I'm certainly not going to make them feel guilty about eating a bologna sandwich at a friend's house. But as they get older, I make sure they start looking at what kind of impact their choices have. Methane from cows is more damaging than the emissions from cars. We never have junk food around the house, and I like to keep everything as close to nature as possible, nothing processed.

How do you convince your kids to eat this way?
The funny thing about taste is that we're so attached to these things and it's just habit. If you eat Twinkies every day, they're delicious. You can't boil beans until they're gray, but if you have delicious whole foods available, that's what they'll eat — cut-up vegetables with yogurt dip, grilled asparagus, quinoa salad. I love juices, vegetable and fruit together. With an apple, celery, parsley, you can get a lot of phytonutrients. For the kids, it's fun. They can add in whatever they want.

Who's healthiest in your family?
Mehmet. He doesn't like dessert. At a fast-food restaurant, he would order a salad and never think about fries. He was always addicted to exercise, so he wakes up early to get yoga in first thing in the morning.

Once you're happy with your workouts and your diet, what next?
When you're fit and strong, you need to project yourself out to be your best self. If you don't, it might not have an impact right away, but it could fester and manifest itself as a physical condition. I talk about this idea of being grateful for things that appear to be negative, like your pants being too tight or the package not coming. I say "thank you" even when I'm annoyed. In a weird way, I enjoy it. It reminds me that I'm not completely in charge. Try to see the gift in everything. Sometimes something stupid holds you up, and you're worried you're going to be late, and then down the road you see an accident, and you could have been in that place. VICKY HALLETT (EXPRESS)

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Mend Meal Mistakes

Be bad — these five tricks will help you fix any dietary damage

Nutritionists would call a three-margarita meal a no-no. We call it the highlight of our week.

Lots of food faux pas are things we need to do once in a while to survive. The good news is that with minimal effort, you can make up for most not-so-good food decisions.

1 YOU DRINK DINNER: It's the perfect way to celebrate the fact that it's Friday. But depending on your poison, you could end up sucking down a flood of empty calories.
MAKEUP SESSION: If you know tonight's a party night, cut back during the day: Choose a low-cal yet filling lunch like soup or salad. Then, before you find that barstool, eat a small, fiber-rich snack (fruit, half of a whole-wheat mini-bagel, half a cup of oatmeal) with a bit of protein, like string cheese. That will slow the absorption of alcohol. The best choices include heart-healthy wine (125 calories per 5-ounce serving), light beer (103 calories per 12-ounce serving), sake (39 calories per ounce) and rum or whiskey with diet cola (100 calories per 1.5-ounce serving).

2 YOU BLOW OFF BREAKFAST: The thought of food at the crack of dawn makes you queasy. But your brain and body need a little something in the morning.
MAKEUP SESSION: Fine, don't eat breakfast. But do drink a few nutrients first thing in the morning to fuel your mind, boost your energy, and stoke your fat-burning fires. If all you can bring yourself to consume is a cup of coffee, make it a soy latte. One serving of low-fat soy milk has 30 percent of the daily value for bone-building calcium and vitamin D, and the 6.6 grams of protein will keep you full until lunch. Breakfast is when most Americans get their fiber, so abstainers like you tend to miss out. Go for a fortified yogurt shake.

ISTOCK

Break the burger habit when you're chowing down on the fly — opt for energy bars.

3 YOU PACK IT IN TILL IT HURTS: Occasional gluttony has its place, but an all-you-can-eat-all-the-time attitude can cause indigestion, acid reflux and bloating.
MAKEUP SESSION: Stuff yourself with foods that contain fewer calories per bite. Go ahead and pile it on: broth-based soups, vegetable salads, gazpacho, fat-free or low-fat yogurt, apples and pears, whole-grain cereals with low-fat milk, and lean grilled meats and seafood (such as chicken, shrimp and turkey burgers). Avoid heavy foods like pasta, chips and dense breads and cakes.

4 YOU'RE ALWAYS EATING: Chewing is like breathing.
MAKEUP SESSION: Try drinking tea or carbonated water as a calorie-free way to keep your hands and piehole occupied. When liquid won't do, go for snacks that require some work — pistachios, pumpkin seeds and sunflower seeds still in their shells. You'll spend more minutes cracking and cleaning than eating.

5 YOUR CAR IS YOUR DINING ROOM: With a tight schedule, time behind the wheel may be the only chance you get to eat. The problem is, you can inhale an entire day's worth of calories, fat and sugar in one drive-through run.
MAKEUP SESSION: Fill your glove compartment with prepackaged snacks that will make you feel full fast. Nuts are clutch because their healthy fats/protein combination satisfies you with just a handful. Stock up on 1-ounce, single-serving bags. Energy bars also make great portable meals for ravenous road warriors. If you must stop for food, pull into the nearest grocery store. Most now have prepared-food sections that offer salads, soups and other good-for-you options. NANCY GOTTESMAN (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

LARRY CROWE/AP

Fast Food: A Wrapper's Delight

■ Can fast food really be healthy? It can when it's a quick, no-cook supper assembled at home.

In this recipe for roast pork-hoisin wraps, which can be assembled in less than 25 minutes, common low-prep ingredients from the deli counter, produce department and Asian food aisle are combined for a sensational summer meal. The veggies in this wrap also require minimal prep. Mung bean sprouts need only be rinsed, and the carrots can be purchased pre-shredded. Only the scallions need to be sliced in your kitchen.

To make it a meal, serve roast pork-hoisin wraps with iced green tea and a mesclun salad topped with orange slices. (AP)

ROASTED PORK-HOISIN WRAPS

Makes 4 servings

START TO FINISH: 25 minutes
INGREDIENTS: 1/4 cup hoisin sauce; 1 tablespoon frozen orange juice concentrate; 2 cups mung bean sprouts; 1 cup shredded carrots; 1/2 cup thinly sliced scallions; 8 ounces thickly sliced deli roasted pork, cut into strips; 4 burrito-size whole-wheat flour tortillas
GETTING STARTED: In a large bowl, combine the hoisin sauce and orange juice concentrate.

Add the sprouts, carrots, scallions and pork, then toss well to coat. Spoon 1/4 of the pork mixture in a line down the center of each tortilla.

Fold the ends inward, then roll up the tortillas, finishing with the seam side down.

Heat the wraps on a plate in the microwave on high power until the filling is hot, about 2 minutes. (AP)

PER WRAP: 292 cal., 21 g protein, 31 g carbs, 9 g fat, 52 mg cholesterol, 561 m g sodium, 4 g fiber

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